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- Slow Cooker Soups
- Chicken 8 Ways

47 EASY WAYS TO DE-CLUTTER

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Own Life
Coach*

SAVE
MORE
FOR YOUR
FUTURE

7

POWER
BREAKFASTS

For all-day energy







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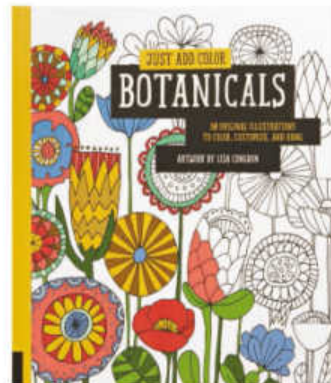


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Cover photograph by **Miki Duisterhof**

Food styling by **Karen Tack** Prop styling by **Alistair Turnbull**



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IN MEMORIAM - E.T. Meredith III (1933-2003)



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The idea of suggesting New Year's resolutions seemed a bit boring and potentially preachy to us, so instead we decided to dedicate this issue to simply making 2016 a really great year. That means we aren't going to ask that you make a list of impossible-to-keep promises, like going to the gym for an hour a day or giving up carbs. After all, shouldn't the goal be to feel better—not deprived and miserable—inside and out? We thought about what makes us happy and collectively decided it's a combination of more energy, less stress and looking great (check out "Beauty Reboot," page 28). We turned to clever design bloggers for their best organizing ideas ("Clutter-Free in 8 Days," page 37); researched easy, science-backed strategies to help you power through your day without getting tired ("Wake-Up Call," page 59); tried out awesome fitness apps that will help you reach any exercise goal ("Virtual Training," page 14); and even challenged our food editors to create new ways to cook up chicken (page 82). So don't dwell on 2015 do-overs. Look forward to this year, and make sure you build in plenty of time with family and friends—our cover cake roll (recipe on page 94) is a delicious excuse for bringing everyone together and starting the year on a sweet note.



Linda

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GLENNON DOYLE MELTON

Best-selling author Glennon Doyle Melton has an iron-clad contract with her husband about cell phones in the car, and she wishes you would too. The founder of the online community Momastery.com calls for action in "Eyes on the Road" (page 56).



REYAD FRITAS

As creative director at Frédéric Fekkai Fifth Avenue in New York City, Reyad Fritas typically tends to celebrities, including Diane von Furstenberg and Kate Bosworth. In "Beauty Reboot" (page 28), he works his magic (curling) wand to gorgeously transform three lucky moms.



HALLIE LEVINE

While reporting our eye health story "20/20" (page 68), Hallie Levine found out her own mother has age-related macular degeneration. "Then the subject really hit home," says the award-winning writer, who has penned stories for *Glamour*, *Consumer Reports* and *Health*.

3
things I
learned from
this issue

We know it's hard to save for retirement when your kids need stuff now, but there are strategies to make socking away cash less stressful than you'd think. Check out page 50.

Wary of carbs but really love pasta? The good-for-you recipes on page 86 are comfort food with zero guilt.

I love the idea of being your own life coach—and not just because it's free. Learn how on page 80.

WHAT MAKES *ThermaCare*[®] DIFFERENT? IT HEALS.



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1 best of JANUARY



Fun fact: The date January 1 didn't have any special significance until **Julius Caesar** decreed it the official start of his new calendar in 46 BC. The day once honored the god of two faces, Janus, who looks simultaneously back on the past and ahead to the future. When in Rome!

3

Put a kettle on, grab some tissues and catch the final season of British period drama ***Downton Abbey***, starting tonight at 9 p.m. ET on PBS. Find English-inspired treats for your viewing party at familycircle.com/tea-party-menu.



9



This is snow joke: Hit the slopes for free thanks to **Winter Trails Day**, when cross-country skiing and snowshoeing lessons are available at no cost at locations across the country. For more info, visit wintertrails.org.

18

"Injustice anywhere is a threat to justice everywhere."
—Martin Luther King, Jr. If you have the day off, honor the civil rights activist by making the most of your time and engaging in community service. Visit nationalservice.gov/mlkday for sign-up information.



24

The truth is still out there, thanks to the reboot of the iconic '90s TV series ***The X-Files***. A six-episode revival begins tonight at 10 p.m. ET on FOX, with FBI agents Mulder (David Duchovny) and Scully (Gillian Anderson) reunited to uncover more paranormal mysteries.



26

Avengers, assemble! Captain America and Black Widow continue to pack the punches in the new **LEGO Marvel's Avengers** game (at retailers nationwide, from \$30). Super-villains, time to hit the bricks.

27 >>

It's **National Chocolate Cake Day**, so don't be afraid to indulge in a slice (or two). Check out our favorite recipes at familycircle.com/chocolate-cake-recipes, and show us how you celebrate with the hashtag #FCCakeDay.



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*Comparing average popped volume by bag of Movie Theater Butter microwave popcorn (Pop Secret, 10.5 cups; Orville, 13.5 cups).
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TRENDS, TIPS, ENTERTAINMENT—AND A DASH OF CULTURE BY SUZANNE RUST

WHAT'S NEW

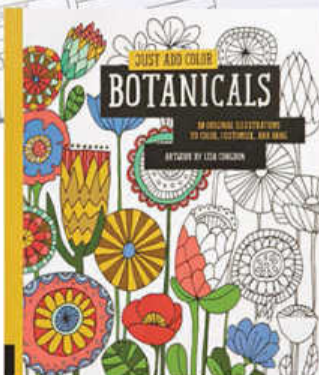


LOST OCEAN BY JOHANNA BASFORD
(PENGUIN BOOKS, \$17)

THE TIME GARDEN
BY DARIA SONG
(WATSON-GUPTILL, \$16)



BOTANICALS: 30 ORIGINAL
ILLUSTRATIONS TO COLOR,
CUSTOMIZE, AND HANG
ARTWORK BY LISA CONGDON
(ROCKPORT PUBLISHERS, \$13)



Marie
Antoinette



I LOVE MY HAIR BY ANDREA PIPPINS
(SCHWARTZ & WADE, \$16)

Color Me Happy

Break out that Crayola 64-pack! Adult coloring books are trending big and sales are booming, with good reason. Besides being fun, there's also this: According to clinical psychologist Kimberly Wulfert, PhD, "Coloring inside the lines, the left brain stays busy, freeing up the right brain's intuitive curiosity. That combined with the physical sensation of coloring helps people stay in the moment longer—a great way to reduce mind and body tension." With so many different versions out there, all we can say is "Please pass the Cerulean Blue."





Have Mercy

It's been more than a decade since PBS released an American drama series, but *Mercy Street*, filmed on location in Virginia, sounds like it might be worth the wait. The six-part story, based on letters and memoirs from Civil War-era medical personnel, follows the lives of two actual nurses on opposing sides of the conflict: New England abolitionist Mary Phinney and Confederate supporter Emma Green.

FANCY PANTS

Put the skinnies on hold. Wide-leg pants are a style-savvy way to start the year. Stripes and polka dots are an especially fun way to get a leg up.

See Buyer's Guide, page 95.



ZARA, \$70



FLYNN SKYE, \$154



DOUGH GOOD

Never mind "Shaken or stirred?"—how about "Raw or cooked?" With **DO Cookie Dough Confections**, you can have your batter and eat it too. These little tubs of deliciousness come in classic flavors, like Sugar Cookie and Chocolate Chip, as well as signature combos, such as Snickerdoodle and PB&J. All are made with the highest-quality ingredients and zero preservatives—plus, there are gluten-free, vegan and dairy-free options. Enjoy them in their natural state or as freshly baked cookies. It's a win-win. Cookiedonyc.com, from \$14 for 16 oz.



A Shack of One's Own

After the frenzy of holiday socializing, you may need a serious retreat. Look to *Cabin Porn: Inspiration for Your Quiet Place Somewhere* by Zach Klein (Little, Brown and Company, \$30) to experience real estate envy over huts, cabins, yurts and tree houses worldwide. Perfect for a little hermit time.



virtual training



These three apps recommend workouts, coach you through tough sweat sessions and help you hit your goals. They're like having a personal trainer in your pocket.

BY MALLORY CREVELING

best for dropping a jean size...

RUNKEEPER GO prescribes a personalized slim-down schedule—whether you hope to lose 5, 10 or more pounds—based on your fitness abilities, workout preferences and how many days a week you want to exercise. The program also gets tougher every seven days so you don't hit a plateau. It even takes weather into account (no need to bike in the rain!) and adjusts the plan if you need an extra rest day. *Android and iOS, from \$10 per month for platinum*

best for finding your Zen...

FITSTAR YOGA features more than 300 poses and tailors stress-relieving sequences to your desired intensity and duration, from 15 to 60 minutes. Led by renowned yogi Tara Stiles, each routine focuses on a body part (like hips and core) or theme (such as balance). After saying "namaste," rate your practice and FitStar will adjust the difficulty of your next workout to fit your skill level and keep you challenged. *iOS, from \$8 per month for premium*

best for becoming a better runner...

PEAR SPORTS makes transitioning from couch potato to cardio junkie a cinch. Pro running coaches push you through longer slow jogs and speedy interval sessions, telling you when to pick it up or slow down so you stay in the ideal heart rate zones (just wear a monitor to accurately track your numbers). You'll also get tips on breathing, form and recovery along the way. As a supplement to your runs, Pear suggests stretches and strength exercises, complete with how-to videos. *Android and iOS, from \$4 per month for all access*



We Should
ALL BE
PICKY
EATERS

We never really outgrow being picky. It's only natural to ask questions. A big one is, "how will we feed a growing population?" Every day we work with nonprofits, farmers and others from around the world to answer questions that help make sure more people can enjoy a balanced meal. It's time for a bigger discussion about food.

Be part of the conversation at Discover.Monsanto.com

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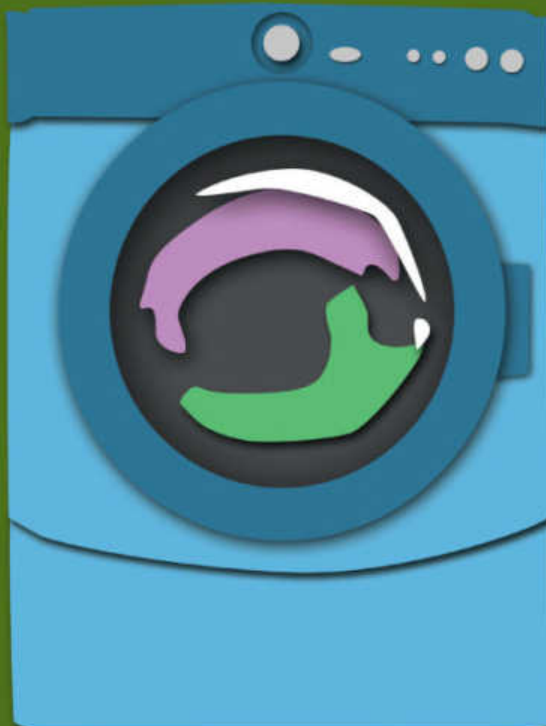
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THE NEW BREW

While craft beer's popularity continues to rise, its cousin—hard cider—is catching up. From brewers to bars, cider-centric businesses are sprouting across the country. Naturally gluten-free, cider is made from fermented fruit (most is apple-based). Grab a cold one and say cheers to what looks to be a major beverage trend for 2016.

1/ Angry Orchard Stone Dry
2/ Virtue Lapinette Cidre Brut 3/ Ace
Pineapple Hard Cider 4/ Rekorderlig
Premium Strawberry-Lime Hard Cider
5/ Wölffer No. 139 Dry Rosé Cider
See Buyer's Guide, page 95.





Make It Reign

We are crushing on velvet this season. Rich hues and tailored **silhouettes** add a touch of royal opulence to your wardrobe.

Jumpsuit, Karen Kane, \$148. Short necklace, Swarovski, \$89. Long necklace, JewelryStorm, \$34. Bracelet and ring, Roberta Chiarella, \$24 and \$48. See Buyer's Guide, page 95.





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STYLE

BEAUTY NEWS / FASHION TRENDS / BEST PRODUCTS

Fashion *HACKS*

We've all been there: snagged tights, popped buttons, ripped a hem. So we tapped into the expertise of **JENNY ALTMAN**—style guru of ILOVEAGOOD.com—for her best tips and genius quick fixes.

BY NICOLE MCGOVERN



I snagged my tights. How can I prevent the run from getting bigger?

THE GOOD NEWS IS ANY DRUGSTORE will have the following solutions. Try fashion tape (we like **Hollywood Fashion Tape, \$9**). Reach inside the tights and put tape over the snag. The sticky part of a clear bandage or piece of Scotch tape also works. Or dab clear nail polish on the top and bottom of the run (try **OPI Top Coat, \$10**).

Underwear lines drive me nuts! Any suggestions?

Every woman in America should own nude seamless underwear. It's the most useful undergarment ever. A boy short, like **Aerie Outta-Sight Mini Boybrief, \$13**, is even less visible than a thong. Stock up and you'll never go back.

What should I do to keep a pull in a sweater from unraveling?

Push the snag back inside the sweater—that way it's less likely to get worse. If you can pull it through and tie it into tight knots, you may be able to save the sweater and hide the snag.

Is there a quick remedy for removing an oil stain?

Very carefully blot the excess oil with a towel. Next, cover the spot with a generous amount of baby powder (or cornstarch or salt). Let it sit on the stain for a few minutes to absorb the oil. Rub with color-free dish soap, hand soap or even shampoo. Once the spot has lifted, machine wash the item by itself with detergent, and hang to dry.

EDITOR'S PICK

Compeed Blister Cushions, \$9–\$9.50

These bandages are a lifesaver for anyone who's on the go or prone to blisters. A virtually invisible cushion relieves pain and will stay put for a few days. They're made from breathable fabric, so the skin can repair itself while covered. Available in a variety of sizes, the bandages work on heels or wherever you need a little extra padding. Talk about happy feet.



I've heard that a flat iron is a good way to smooth out wrinkles. True?

Absolutely! Just remember clothing, like hair, is flammable. Very carefully use moderate heat and pay close attention the entire time. First test on a hidden spot, because gentle fabrics can easily change texture with direct heat. I would only be brave enough to try this on sturdy fabrics such as cottons, not silk. (We like **Hot Tools Smart Touch Salon Flat Iron, \$70**.)

What items do you keep in your bag in case of fashion emergencies?

I have fashion tape, safety pins, bobby pins, bandages and a sewing kit at all times. **Pinch Provisions Skinny Minimergency Kit, \$24**, has all five and then some.



Jenny Altman,
ILOVEAGOOD.com



DISCOVER

Pawleys Island

A new way to get away. Take in 360-degree views at the top of a historic lighthouse, fish from the edge of a sunlit pier or wander through a Moorish-style castle just steps from the beach. Take on the off-season this year, and **come to find** that seaside adventures aren't just for summertime.

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Beauty Reboot

Time for a change? These three women said “Yes, please!” and took the plunge with beauty makeovers at the Frédéric Fekkai Fifth Avenue salon in New York City. Check out their wow-worthy transformations, and get inspired to make your own. *by Dori Katz • PHOTOGRAPHS BY ARI MICHELSON*

CHOPPED!

Gina Feld, 42

BEAUTY BUMMER

Gina was stuck in a ponytail rut due to her self-described “lack of a style.” A hair-coloring virgin, she was ready to do whatever it took to hide incoming grays.

THE BIG FIX

It's all about the lob—stylist speak for long bob—with soft layers to add movement. The versatile style can be worn air-dried with a few styling products, or blow-dried smooth for a more polished take.

Reyad created a subtle sun-kissed look by leaving Gina's base color and adding caramel highlights around her face. Using a technique called balayage, highlights are painted on, boosting overall color while camouflaging gray hairs.

Sadah kept Gina's makeup soft and simple, perfect for a low-maintenance lifestyle. She brightened her eyes with a champagne shadow, black mascara and clear brow gel. The finishing touch was a sheer reddish-brown lipstick, ideal for day to night.



Milani Bella Eyes
Gel Powder Eyeshadow, \$5
Pixi by Petra Brow Tamer, \$10
CoverGirl Outlast Longwear
Lipstick in Amazing Auburn, \$9
Almay Intense i-Color
Volumizing Mascara in Plum
for Brown Eyes, \$8
Fekkai Brilliant Glossing
Crème, \$20
Oribe Smooth
Style Serum, \$49





STYLE SQUAD

- **Reyad Fritas**,
creative director,
Fekkai Fifth Avenue
- **Hos Hounkpatin**,
hairstylist, Fekkai
Fifth Avenue
- **Sadah Saltzman**,
NYC-based
makeup artist

"It's Gina 2.0!" she said. "I can finally wear my hair down. Plus, the cut seems easy to style, which as a working mom of two is exactly what I need."



GLAM SLAM

Lisa Gold, 45

BEAUTY BUMMER

With a blossoming career in screenwriting, Lisa needed a serious overhaul of her soccer-mom style. The catch: Lisa's new look had to take her from back-to-school night to movie showing in no time.

THE BIG FIX

Hos transformed Lisa's hair with long layers and side-swept bangs. His go-to helpers: body-building mousse, a medium round brush and sheer hairspray. Reyad brightened her cool blond shade with highlights, using the balayage technique, to complement her chic cut. Cherry-red lips are the focal point of this sophisticated makeup look. Sadah added a peachy-pink blush for balance. A strip of false lashes and black liner make Lisa's eyes pop.



Japonesque Velvet Touch Blush in #3, \$22
NARS Velvet Matte Lip Pencil in Dragon Girl, \$26
Ardell Press On Lash, \$8
Pantene Pro-V Style Series Airspray, \$7
Fekkai Full Blown Volume Lightweight Styling Whip, \$20



“Wow, wow, wow!” was Lisa’s initial reaction, in between taking selfies to send to her husband. “Hollywood, and my boys, won’t know what hit them.”



NATURAL WOMAN

Katie Rondeau, 33

BEAUTY BUMMER

Katie's lengthy morning routine had always consisted of heavy makeup and blond extensions. She was anxious to pare down with minimal makeup to better suit her on-the-go schedule as a dance teacher.


THE BIG FIX

Less is more when it comes to daytime makeup. The bare necessities: sheer tinted moisturizer, neutral eye shadow, rose-colored lip balm and a chocolate-brown brow pencil.

Reyad removed the extensions and softened Katie's hair color to a subtle ombré. He applied a dark base color first, then added both highlights and lowlights to create balance and depth.



Marc Anthony
True Professional Dream
Waves Beach Spray, \$9
Dr. Dennis Gross Skincare
CC Cream SPF 18, \$36
Maybelline New York
Eye Studio Brow Define
& Fill Duo, \$8
Revlon ColorBurst Matte
Balm in Sultry, \$9



*“Talk about a time-saver!”
Katie said. “This easy
three-step process will cut
my morning routine in half
and give me more time to
spend with my two boys.”*

Jennifer Garner wears sunscreen every day,
no matter what the weather says.

UVA rays can pass through clouds, haze, even windows. During your life, the more unprotected exposure you get, the greater your risk of developing skin cancer. In fact, 1 in 5 Americans will develop skin cancer in their lifetime. Protection and early detection are the key to survival.

For sun safety tips and life-saving tools, like a free dermatologist skin cancer screening, self-exam kit and discounts on sunscreen products, go to

ChooseSkinHealth.com

with participation from

AS | DS
American Society for
Dermatologic Surgery

Clutter-Free in 8 Days

OUR FAVORITE DESIGN BLOGGERS SHARE 47 WAYS TO STREAMLINE WITH STYLE.

By Danielle Blundell

STRATEGICALLY REVEAL—DON'T CONCEAL.

Every kitchen can benefit from open shelving, says Melissa Michaels, author of *The Inspired Room*, who blogs at theinspiredroom.net. If your most-used items are hard to reach, simply remove a few cabinet doors or mount floating shelves. Increase efficiency by grouping like objects together so you can easily grab everyday glasses, coffee mugs and serving pieces.

PRACTICE SHELF LOVE.

Never underestimate the holding power of a bookcase. “Bookshelves look good wherever you keep books, from the bedroom to the family office, the living room or even the kitchen for cookbooks,” says Gabrielle Stanley Blair, author of *Design Mom*, who blogs at designmom.com. “Think part practical, part beautiful for filling them up—titles organized by size or category, a collection of pottery, framed prints and fresh flowers.”



WORK YOUR WALLS.

Available in countless shapes, finishes and styles, hooks help you take advantage of often overlooked vertical real estate, says designer and Target home style expert Emily Henderson, author of *Styled*, who blogs at stylebyemilyhenderson.com. Try hanging pots and pans in the kitchen or hats and jewelry in the bedroom. Mount a bunch of hooks in your entryway to keep jackets and bags accessible when leaving the house. “Don’t forget the backs of doors or inside closets,” says Henderson.

**AVOID TYPECASTING
FURNITURE.**

Broaden your search for the perfect nightstand to include nontraditional options. "Standard bedside tables are on the smaller side and tend to skimp on storage, so I like using an entry console or even a dresser," says Cassie Freeman of hisugarplumblog.com. "Both have multiple drawers for personal items and a larger tabletop that can double as a desk if you pull up a chair."





MAKE THE NECESSARY ARRANGEMENTS.

"Picture ledges are the new gallery walls," says Henderson. For a pulled-together look, stick to a limited color palette or similar types of frames but vary the size, height and orientation of your artwork. Since ledges are essentially shallow shelves, they're great above a sofa or bed and offer a handy solution for kids' books in a playroom, a collection of plates in a kitchen or craft supplies in a workspace.



CONTAIN YOURSELF.

For total clutter camouflage, nothing beats a roomy storage ottoman. "Kids can snack on, sit on and even crash into these hardworking pieces," say Sherry Petersik and John Petersik, authors of *Lovable Livable Home*, who blog at younghouselove.com. "But the big selling factor is that they can live right out in the middle of a room while secretly storing toys, photo albums and games inside."



BIN THERE, DONE THAT.

When you're trying to quickly whip a room into shape, decorative boxes and baskets are your best friends. "Families come with all sorts of gear, and those things need to live somewhere," says Blair. Storage cubes make for cute, useful additions in a foyer, tucked under a coffee table or on a shelf for keeping baseball gloves, umbrellas and more out of sight.

KEEP IT ON THE DOWN-LOW.

"A window seat is a super-efficient use of space since it maximizes the area right up against a wall and provides a hidden storage zone below," says Apartmenttherapy.com founder Maxwell Ryan, who cowrote *Apartment Therapy Complete + Happy Home* with site executive editor Janel Laban. These built-in benches work especially well in kitchens by holding fancier table linens, holiday or seasonal items and sporadically used small appliances, which frees up valuable counter and cabinet space.



Creative Types

Graphic designers Chelsea Shukov and Jamie Grobecker were on a mission to bring back the handwritten note when they launched letterpress company **SUGAR PAPER** in 2003. Now with an adorable store in L.A. and successful collaborations with Target and J.Crew to their credit, the duo are putting their signature stamp on more than just stationery by expanding into home decor. Here, their tips for rebooting your space.



SUGAR PAPER'S FAVES

1/ Inspired by Thomas O'Brien's classic Hicks pendant, this two-toned light is a third of the price and spot-on over a dining table or kitchen island. *Fredrick Ramond by Hinkley Lighting Globe Mini Pendant in Deep Rose Gold*, shop.ferguson.com, \$169

2/ Our gift boxes multitask like nobody's business. Use them to wrap presents or store odds and ends on your bookshelf. *Sugar Paper Gift Boxes in Mint*, *Target stores and target.com*, \$5 for small and \$6 for large

3/ You'll find gold frames scattered around both our houses. They brighten up everything from art prints to our kids' drawings. *No. 2 Print*, sugarpaper.com, \$60

4/ We're big fans of ticking stripes when you can't decide between a patterned or neutral sofa. *Waverly Classic Ticking Fabric in Black*, joann.com, \$50 per yard

5/ White roses play nice with whatever dinner-party dishes or linens you have. *White Lace Centerpiece*, teleflora.com, from \$58

6/ Textured notebooks and gilded planners add a chic, sophisticated feel to any desk. *Sugar Paper 8.5" x 11" Padfolio in Pale Pink*, *2016 Wire-O Weekly/Monthly Planner*, and *3.25" x 6.25" Monthly/Weekly Planner in Gold*, *Target stores and target.com*, \$8 to \$13



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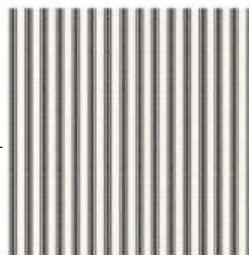
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6



MODERN LIFE

by *Suzanne Rust*

“High school sweethearts” may sound like an antiquated term for this modern, artsy couple, but that’s exactly what Bethanne and Darius Hill are. The two met in ninth grade, when they were students at the Alabama School of Fine Arts, and this past summer celebrated their 25th wedding anniversary. Among the things the couple treasures most are their long history and shared memories. “Since we both went to an art school, were in the same classes and critiques from age 14 on up, and are both artists now, there’s a kind of hard-wired understanding between us.”

Also between them are three wonderful children, each of whom Bethanne describes as “so beautifully different.” Twenty-year-old college student Olivia is a cheerleader and a newly minted art major. “You don’t see that combo every day!” Bethanne says. Their middle child, Esme, 15, studies theater arts and has her parents convinced that she’ll become a household name

“We’re at our best when we remember that we’re a team. Now that the kids are older, it’s truly a group effort.”



ATTICUS, 11; **ESME**, 15 (HOLDING MAISY); **DARIUS HILL**, 48, VISUAL ARTS DEPARTMENT CHAIR, ALABAMA SCHOOL OF FINE ARTS; **BETHANNE HILL**, 49, ARTIST (HOLDING MINDY); AND **OLIVIA**, 20 (HOLDING ALDEN)
BIRMINGHAM, ALABAMA



“We haven’t really had issues. If anything, we feel supported by friends and family. There are still plenty of problems, but this place has made lots of progress. This is not our fathers’ Birmingham.”

one day. Finally, there’s 11-year-old Atticus, who although quieter and shier than his sisters, just got a guitar and an amp. Bethanne laughs, “I’ll be looking for that headphone jack soon.”

Bethanne says her biggest surprise about motherhood was discovering that her instincts are usually pretty good. “Before I had kids, I was scared that I’d make terrible mistakes. The children might tell you that we do mess up and they’d be right, but they also see us try, really try to do better. I think there’s value in that. One of the main things I learned is that they’re always watching.” And while the couple’s parenting styles

differ—she’s the conversationalist, as in “Let’s talk about why you should do it,” and Darius is old-school, as in “Do it now”—they both understand the importance of camaraderie and of being on the same page. “It’s kind of goofy,” says Bethanne, “but I end family group texts with #teamhill, especially when things get hectic. It’s just a reminder that we’re a family working together.” For Darius, a strong bond in the marriage is key: “Perfect happiness is when husband and wife are in sync on multiple levels. Doesn’t happen all the time but when it does, it’s true bliss.”

Asked whether they’ve faced any

major complications as a biracial couple, Bethanne says that while Darius’ family has only ever been warmly accepting of her, she was saddened by her father’s initial response. “My parents raised me with a good perspective on people, and my dad used to tell me how appalled they were when they moved from Ohio to the South in 1965. Dad would share what he remembered, what they saw on the news and how they felt about it,” says Bethanne. “But then when I wanted to date Darius, the needle scratched on the record. He was afraid we’d have a terrible life because we’re ‘from two different cultures.’ He said our children would be outcasts. And I guess with what he’d seen on TV in our own city, it’s not surprising he was fearful, but at the time I was disappointed and confused. It’s funny to think of Darius and me as being from different cultures; we’ve been so close and shared so much since we were kids.”

The couple are proud of how they work together to raise their children, run a household and show gratitude. Says Bethanne, “It’s important to praise everyone for their efforts. Remembering to thank them and tell them they make you proud are small but very important kindnesses.” She laughs, “I don’t always remember to do it, but when I do and things are running smoothly, I think, ‘Why don’t I do this every time?!’ ”

familycircle.com

For more on the Hill family, go to familycircle.com/modernlife.

BABY FRESH SCENT,

♥ baby not included. ♥



Add Dreft Blissfuls to any load of laundry to get your baby fix.

Top Dog

The Daniels family had no idea that the pet they rescued would one day return the favor. *By Louise Farr*



Pit Stop

Tracy Daniels, 34, was still grieving for her recently deceased dog, Derby, when her son, Tre, begged her to adopt a puppy he'd just met at a fundraiser for the Adore-a-Bull Rescue group in June 2014. "I don't know that I'm ready for another dog," Tracy told Tre. But when the cream-colored pit bull with the big brown eyes put her head in Tracy's lap, Tracy

melted. "She was such a sweetheart," says Tracy, an American Sign Language teacher from Monroe, OH. The dog, whom they named Ember, instantly became a beloved part of the family.

Boy's Best Friend

Early on, Ember was devoted to Tre. "Right away we had a really special bond," says the 10-year-old, who threw

himself into caring for the puppy, feeding and walking her every day. Tre also researched the breed's behavior and watched training videos. With the help of Tracy's firefighter husband Tony, 29, he taught Ember to sit, shake and stay. The dog even walked gently if Tre's toddler sister, Tycen, was holding on to her leash, never jumping on or startling the small child.

Sit, Stay, Rescue

It was 5 a.m. on a Sunday, around a year after Ember had been adopted, when Tracy was jolted from sleep. The pit bull sat next to the bed letting out an unusual low growl. "I thought she might be sick or need to go out," says Tracy. But instead of heading for the front door, Ember led Tracy to Tre's bathroom. To Tracy's shock, she saw her otherwise healthy and athletic son in the empty tub, in the throes of a seizure. "He could have been there for hours if Ember hadn't alerted us," says Tracy. She called 911, and soon an ambulance rushed Tre to a nearby branch of Cincinnati Children's Hospital Medical Center.

Safe and Sound

After a battery of inconclusive tests, Tracy and Tony were allowed to take their son home. "Tre slept on the couch all that day, and Ember never left his side," says Tracy. After nearly three more months of testing, Tre was diagnosed with idiopathic generalized epilepsy, a condition the doctors hope he'll outgrow. Despite the devastating news, the family remains grateful for their "super dog." "If it hadn't been for Ember, my mom might not have found me," says Tre. Tony and Tre continue to work with Ember on their own to train her as a service dog. She now spends every night sleeping at the foot of Tre's bed, watching over her buddy. "We thought we were saving a dog from the streets," says Tracy, "but she was the one who really saved us."

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HOW TO GROW YOUR SAVINGS



You had the best of intentions when you opened that retirement account. Then life happened—job loss, braces, a totaled car. You're not alone: 81% of working-age people say their ability to save for retirement has been hurt by a major life challenge, according to an HSBC report. But it's time to get back in the game. Here are some manageable ways to reboot your efforts in 2016, no matter your situation.

You have an account but had to stop contributing.

Ease back in with small payments. It may feel like you can't afford to lose a single penny from your earnings, but remember: Contributions to 401(k)s and

403(b)s—like 401(k)s but mostly for educators, hospitals and nonprofits—happen before taxes. That means the extra \$75 in your paycheck could have been \$100 in your account if you're in the 25% income

tax bracket, or more if you're in a higher bracket. Plus, your company might match contributions, which could double your investment up to the match limit. That's a nice chunk of change stored away for the future, at only a small cost to you in the present.

You're now self-employed and don't know what's available.

Finances can be complicated when you're working for yourself. Luckily, there are a variety of retirement fund options for the self-employed, such as SEP-IRAs, SIMPLE IRAs and solo 401(k)s. You might actually be able to save more before-tax income compared to people who have an employer. Visit irs.gov for additional information.

You need a more flexible way to save.

Those earning less than \$117,000 a year (\$184,000 if married and filing jointly) can contribute up to \$5,500 to a Roth IRA for 2016. You'll be using after-tax money, but it grows tax-free forever. Plus, you can withdraw your contributions whenever you like, so it can function as an emergency savings account if necessary. Just remember that any *earnings* on the account cannot be withdrawn early without penalties and taxation—only your contributions can be taken out penalty- and tax-free at any time.

You're unsure how to optimize your existing account.

If you're wavering between investment choices, "index funds are a low-cost and potentially high-reward option," says Rachele Taquu,

a financial consultant and co-author of *Risk Less and Prosper: Your Guide to Safer Investing*. Index funds track the performance of a broad group of stocks, such as the S&P 500, so they don't require the stock-picking expertise (and associated fees) of a fund manager. Your account will generally rise and fall with the index, so it has less turnover.

You're wary of investing in the stock market.

Inflation-linked savings bonds are a "good, safe asset," says Taquu. An adult with a Social Security number can visit treasurydirect.gov and buy up to \$10,000 worth of I-bonds each year with after-tax money. You can also purchase up to \$5,000 worth with your tax refund. Bonds can be redeemed after a year or held up to 30 years, and they're guaranteed to keep up with inflation. So if you buy \$10,000 in bonds, you'll receive the equivalent of that amount based on inflation rates in the year you cash out. (For example, a \$10,000 bond from 30 years ago is now worth over \$22,000.)

Must-Reads

Check out the latest books to help boost your financial expertise.

What Your Financial Advisor Isn't Telling You: The 10 Essential Truths You Need to Know About Your Money by Liz Davidson (Houghton Mifflin Harcourt, \$27)

How to Retire with Enough Money: And How to Know What Enough Is by Teresa Ghilarducci (Workman, \$13)

Retire Inspired: It's Not an Age; It's a Financial Number by Chris Hogan (Ramsey Press, \$25)

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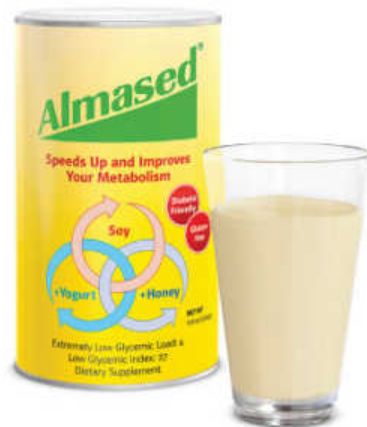
The New Walking Taco from LUNCHABLES UPLOADED takes all those tasty taco flavors your teen loves, and puts them in one easy, portable pack for the ultimate afternoon snacking experience. Just mix the meat, sauce and cheese right in the chip bag, heat in the microwave for 15 seconds, and get your Spork ready for maximum portable snacking enjoyment. Now try Beef Walking Taco, BBQ Chicken Walking Taco, Chili Pie Recipe Walking Taco, and Nacho Walking Taco!

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ANIMAL TALES

We give these new books two paws up!

BRITISH INVASION

***A Guinea Pig Pride & Prejudice* by Jane Austen, Alex Goodwin and Tess Gammell**

(Bloomsbury, \$13)

It may not be a truth universally acknowledged, but in this case, adding animals to a timeless love story makes it even better. Costumed guinea pigs play the parts of Elizabeth Bennet, Mr. Darcy and the other characters in Jane Austen's most famous novel.

WIT AND WISDOM

***You Need More Sleep: Advice from Cats* by Francesco Marciuliano**

(Chronicle Books, \$13)

Learn how to achieve the purrfect state of Zen with this humorous self-help book, written from a feline perspective.

WARRIOR'S STORY

***Buster: The Military Dog Who Saved a Thousand Lives* by Will Barrow, as told to Isabel George**

(Thomas Dunne Books, \$25)

Buster, an English springer spaniel, served five tours of duty overseas in Iraq, Afghanistan and Bosnia

during his career as a bomb-sniffing dog. His handler, RAF Police Flight Sergeant Will Barrow, shares their unique and touching story in this memoir.

SAFE AND SOUND

***Finding Home: Shelter Dogs & Their Stories* by Traer Scott**

(Princeton Architectural Press, \$20) Discover the emotional journeys of 35 shelter dogs seeking their forever homes, all gorgeously photographed.

EARLY BEGINNINGS

***The Dog Master: A Novel of the First Dog* by W. Bruce Cameron**

(Forge Books, \$26) Dog is man's—and woman's—best friend, but it wasn't always that way. Cameron's novel follows the intertwining stories of wolves and early humans, set 30,000 years in the past, and imagines how the bond between people and canines began.





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IMPORTANT MESSAGE!

Eyes on the Road

No incoming text is worth risking the lives of our loved ones, writes **Glennon Doyle Melton**. Read her important call to action.

Can I have a minute of your time? It's important. It's about cell phones and driving.

Every time I'm out on the road I see driver after driver sneaking peeks at their phones. I do it too. I peek. I love my family so hard and so well and so deep and then when I have them in the riskiest, most vulnerable space they're in all day—on the road—I take ridiculous risks. My friends tell me they do the same thing. You guys: We are addicted. We are. Only people who are addicted to something will put the safety of people they love in danger again and again to get a fix. It's so dangerous. It's so freaking dangerous. GOOD people like you and me are

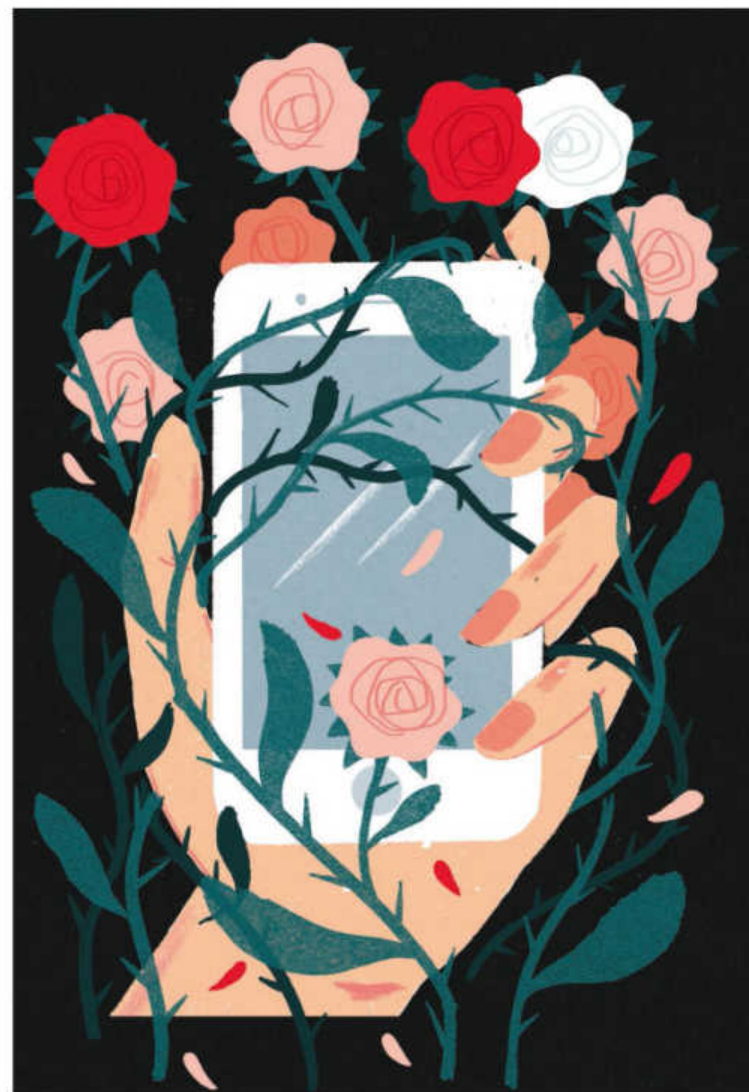


Glennon Doyle Melton is the author of the New York Times best-selling memoir Carry On, Warrior and president of Together Rising, a nonprofit that has raised more than \$1 million for women and children in crisis. Learn more at her online community, Momastery.com.

killing their families. Killing strangers. The statistics are terrifying. They didn't think it would be them. None of them thought that they would cause the wreck they can never, ever take back.

My husband, Craig, and I talked last week about cell phones and driving. I told him how close to impossible it would be for me to forgive him if something ever happened to our kids because he was looking at his phone. An accident is an accident—but texting and driving (or “checking” and driving) is no accident. I was just being honest. He said he felt the same way. So we wrote up a contract to protect ourselves from our own compulsivity and curiosity and human nature. We wrote up a contract to protect ourselves, our marriage, our children and other people's children.

The contract says that we will put our cell phones in the glove compartment as soon as we get into the car. We won't get them out until the car is parked at our destination. There will be no exceptions to this rule. Then we called a family meeting to explain this rule to the kids. We want to be accountable to everyone in the family, and we want our kids to understand how seriously we are taking this issue. My son Chase will be driving in a few years. Can you imagine how impossible it will be to



make sure his phone's away and his mind is on the road if he hasn't seen that modeled by us? Now is the time. If we want our kids to control themselves, we have got to control ourselves first.

By all means, come up with your own agreement. Making sensible family rules around cell phones and driving is a way to love yourself, your marriage, your children and the world well. Do it. Please.

familycircle.com

Go to familycircle.com/eyesontheroad to learn more about distracted driving and take a safety pledge.

5

THE AVERAGE NUMBER OF SECONDS YOUR EYES ARE OFF THE ROAD WHILE TEXTING. AT 55 MPH, THAT'S ENOUGH TIME TO COVER THE LENGTH OF A FOOTBALL FIELD.

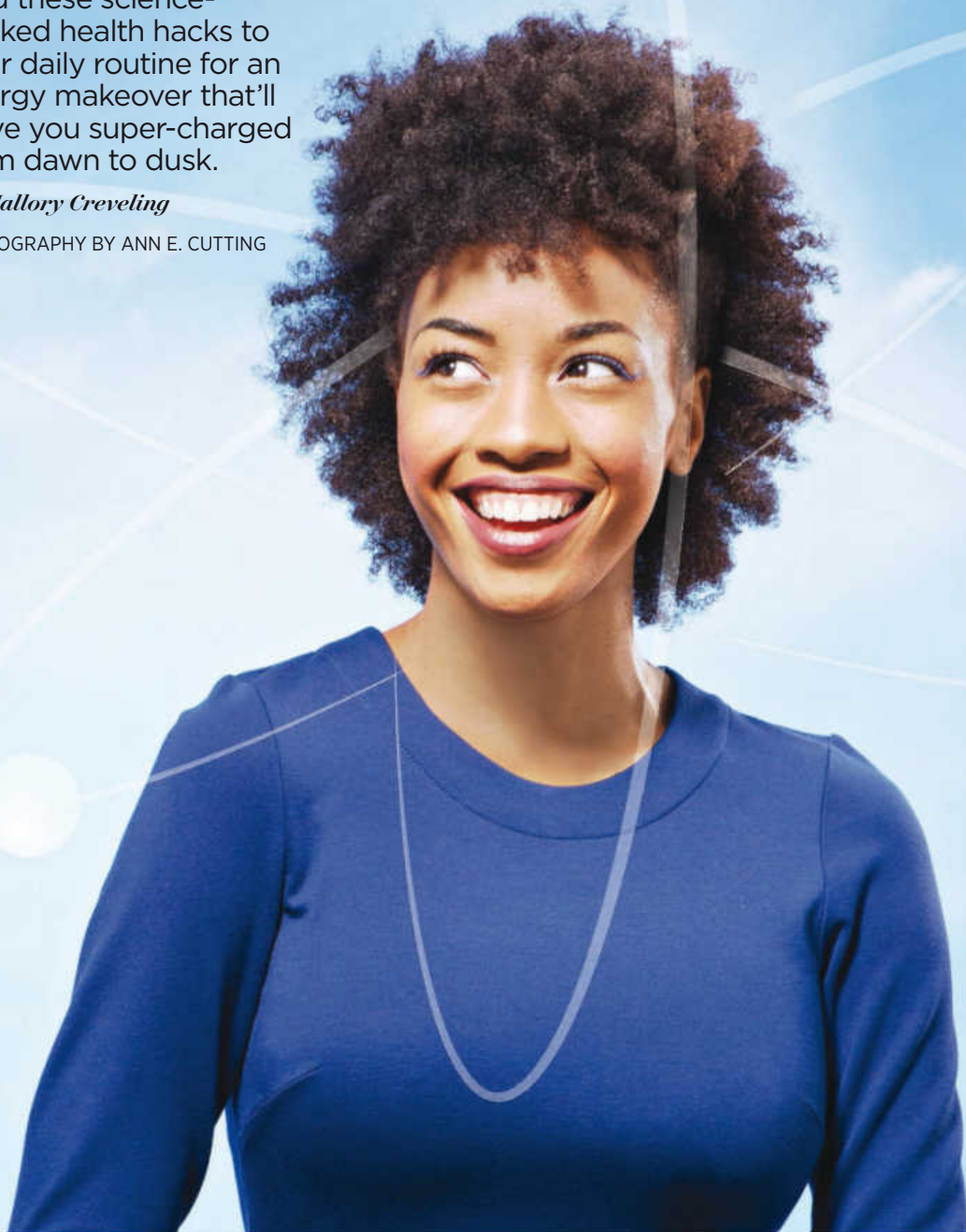
Source: U.S. Department of Transportation

WAKE-UP CALL

Add these science-backed health hacks to your daily routine for an energy makeover that'll leave you super-charged from dawn to dusk.

By Mallory Creveling

PHOTOGRAPHY BY ANN E. CUTTING





7:00 A.M.

THROW OPEN THE SHADES

Seeing natural light will help you rise and shine, especially if you're like the 24% of *Family Circle* readers who say they're most tired when first waking up, according to a recent poll. "Environmental cues play a huge role in our circadian cycles—the internal clock that tells us when to get up or go to sleep," says Holly Phillips, MD, author of *The Exhaustion Breakthrough*.

7:30 A.M.

START MOVING

Do 10 squats, lunges, push-ups or jumping jacks as part of your get-ready routine, suggests Pedram Shojai, OMD, author of *The Urban Monk* and *Rise and Shine*. Exercise enhances blood flow, pushes oxygen throughout the body and sends nutrients to muscle tissue, leading to wakefulness that lasts all morning.

8:00 A.M.

SAVOR AN AROMA

Rev yourself up with scents like peppermint (flavored toothpaste will do) or jasmine (look for it in body wash), which increase alertness.

8:30 A.M.

IMPROVE YOUR BREAKFAST

The ideal morning meal mixes protein, carbs and healthy fats to keep you satisfied and stabilize blood sugar levels, explains Bonnie Taub-Dix, RDN, founder of *BetterThanDieting.com* and author of *Read It Before You Eat It*. Instead of a bagel, have a smoothie: Blend 1 cup Greek yogurt, 1 tbsp almond butter, 1 cup berries and a handful of ice. (Turn to page 65 for more breakfast ideas.)

9:00 A.M.

BE POSITIVE

Call your funniest friend, chat with an upbeat coworker or

jot down three things you're thankful for. People who experience more happy events in their day tend to feel less drained, says Phillips.

9:30 A.M.

DRINK COFFEE

In addition to caffeine, coffee provides health-boosting antioxidants. Experts say sipping a cup of joe a few hours after waking up makes it more effective, because it won't interfere with the body's natural stimulant, cortisol, which tends to peak between 8 and 9 a.m.

10:30 A.M.

CHEW GUM

When you're losing power, pop a piece of gum. Several studies show that it increases attentiveness and improves work performance.

11:00 A.M.

DO A TENSION INSPECTION

Is your jaw clenched? Are your shoulders hunched? Uncomfortable posture sucks up extra energy, Phillips explains. Fix it by rolling your shoulders down away from your ears with your chest up, back straight and feet flat on the floor. Now take 10 deep breaths, imagining you're sending oxygen to the spots that feel tight.

1:00 P.M.

EAT A HEARTY LUNCH

"Energy and satiety are BFFs," says Taub-Dix. Eat enough fiber and protein to feel satisfied, not stuffed, which will make you lethargic later. Your best bet: whole grains (they have invigorating B vitamins) and 2 ounces of meat or fish. Toss items like beans, quinoa, nuts and salmon into your salad. Or choose a turkey sandwich on 100% whole-grain bread.

surprising reasons you're tired

If you feel sleepy all the time, these problems may be to blame.

DEHYDRATION

When you don't get enough H₂O, your heart has to work harder, leaving you sluggish. People often feel fatigue before thirst, so track your intake. Keep at least a 16-ounce water bottle on your desk or counter, carry it with you on the go and have about a cup every hour. Foods high in water content, like broccoli, oranges and soup, also replenish liquids.

VITAMIN DEFICIENCY

A lack of magnesium or iron can cause your vitality to nose-dive. Magnesium helps turn food into energy and improves nerve function. Muscle cramps are a sign you need more—remedy that with seeds, fruits and veggies. Iron, present in red blood cells and found in foods like kale or steak, is vital for transporting oxygen throughout the body.

HORMONE IMBALANCES

For many women 45 and older, testosterone dips, causing stamina to plummet. A healthy diet and strength training can boost hormone levels. Constant stress can lower them, because anxiety exhausts the adrenal glands, where some testosterone is produced. Relieve tension with meditation or yoga.

OBESITY & DEPRESSION

Research has shown that overweight or depressed individuals have a higher risk of daytime drowsiness. Fat cells produce compounds that magnify sleepiness, while sadness elevates stress hormones, making it difficult to doze off. Set a goal to drop pounds or talk to a therapist about ways to increase your happiness.



DADS DON'T TAKE SICK DAYS.



DADS TAKE



THE THE
NON-DROWSY, NIGHTTIME,
COUGHING, SNIFFLING,
ACHING, SNEEZING,
FEVER, COUGHING,
SORE THROAT, ACHING,
STUFFY HEAD, FEVER,
CHEST CONGESTION, STUFFY HEAD.
**NO SICK DAYS, BEST SLEEP WITH A COLD,
MEDICINE. MEDICINE.**



Use as directed. Read each label. Keep out of reach of children.
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2:00 P.M.

STRIDE RIGHT

Research shows that midday exercise will help you cross more projects off your to-do list. If you don't have time for a class or gym session, take a brisk walk around the block.

Just shoot for 10 heart-pumping minutes.

2:30 P.M.

SIP ICE WATER

Down 8 to 12 ounces of cold H₂O for the same adrenaline rush you get from splashing your face (but without the makeup smudges), suggests Jacob Teitelbaum, MD, director of the Practitioners Alliance Network and author of *The Fatigue and Fibromyalgia Solution*.

3:00 P.M.

GRAB A SMART INDULGENCE

Go ahead and treat yourself to chocolate! A small square, whether dark or milk, will pep you up. Chocolate contains theobromine, a cousin to caffeine that has similar but less intense energy-enhancing effects, Teitelbaum explains.

Opt for a chocolate bar topped with sea salt for extra zing—the body needs sodium to steady blood pressure and fight foggy.

3:30 P.M.

PLAY WONDER WOMAN

"A body at rest loves to stay at rest, so break the inertia of sitting," says Tami Meraglia, MD, author of *The Hormone Secret*. Get out of your chair and strike a power pose: Stand with legs a little wider than your hips, chest puffed out, chin up and hands on your hips or behind your head. Harvard research found this stance increases testosterone, which makes you feel more confident and awake.

negative impact

You may think these five habits give you some juice—but they only leave you drained.

1. TURNING TO SWEETS

Filling up on lots of cookies, candy or other sugar-laden snacks is tempting, but they quickly spike your blood sugar, resulting in an even lower drop in energy later.

2. DOWNING CAFFEINE

While a cup or two of coffee in the a.m. is great for jump-starting the day, stop there. A few more in the late afternoon may prevent you from falling and staying asleep. The result: a really rough time waking up.

3. MULTITASKING

You may think you're getting more done in less time, but multitasking can cause you to crash. One study found that tackling a mental and physical job at the same time makes you more exhausted than finishing the two separately. Turns out tough cognitive tasks steal brain resources that power the body.

4. TAKING LONG NAPS

A midday snooze provides a power boost, as long as you keep it to 30 minutes or less and before 4 p.m. That way, you won't be dazed afterward or too alert to nod off at night.

5. SIPPING A NIGHTCAP

Even if a glass of wine helps you fall asleep, you'll likely have shorter REM cycles and wake up in the middle of the night. Avoid drinking a few hours before hitting the sheets for better zzz's.

4:00 P.M.

SCHEDULE A MEETING

Head to a colleague's office or call a pal for a brainstorming session. One study found that quick thinking, like throwing around new ideas, makes people feel more lively.

4:15 P.M.

PLAY YOUR FAVE SONG

If you're dozing off while tackling the next task, put on your headphones and crank up the tunes, says Phillips.

Research has found that listening to music reduces stress and stops sleepiness.

4:30 P.M.

FILL A MUG

In a *Family Circle* poll, 45% of moms said they're most sluggish between lunch and dinner. Beat that p.m. slump with sugar-free green tea (if you're sensitive to caffeine, choose decaf). It contains theanine, which leaves you focused yet calm.

5:00 P.M.

GIVE YOURSELF A MASSAGE

Rub the entire outer edge of both ears for 30 seconds with your thumb and forefinger, says Teitelbaum. According to Eastern medicine, all the body's energy pathways run through this area.

6:30 P.M.

DISH UP THE RIGHT DINNER

To stay full until bedtime—crucial for avoiding midnight munching, which can affect your slumber and, therefore, your wakefulness the next day—have a protein and carb combo, says Taub-Dix. Whole wheat pasta loaded with veggies and chicken is a smart choice. For more healthy dinners, turn to page 86.

7:30 P.M.

PUT AWAY YOUR DEVICES

Staring at your computer or phone can mess with melatonin in the brain, disrupting your sleep-wake cycle and affecting the quality of your shut-eye (good morning, grogginess). Phillips suggests taking a technology break for at least an hour once a day and, ideally, 60 minutes before bedtime.

9:30 P.M.

WIND DOWN

Nineteen percent of *Family Circle* readers surveyed report being most energetic right before bed. Here's how to get calm: Run a warm bath with 2 cups of Epsom salts (to loosen muscles) and a few drops of lavender oil. A 30-minute soak allows your mind and body to relax.

10:00 P.M.

ZONE OUT

Listen to a guided meditation like those on Headspace or OMG, I Can Meditate! (Android and iOS, free) or just focus on deep breathing. You'll doze off faster, making it easier to get seven to nine hours of shut-eye and reach a deep sleep, which you need to feel rejuvenated and ready to start the next day.

Figure out what's causing your fatigue by heading to familycircle.com/energychart. You'll find a printable journal for recording your peaks and valleys.

POWER BREAKFASTS

THESE SEVEN
MEALS ARE THE
SMARTEST WAYS
TO START THE DAY.

BY MALLORY CREVELING



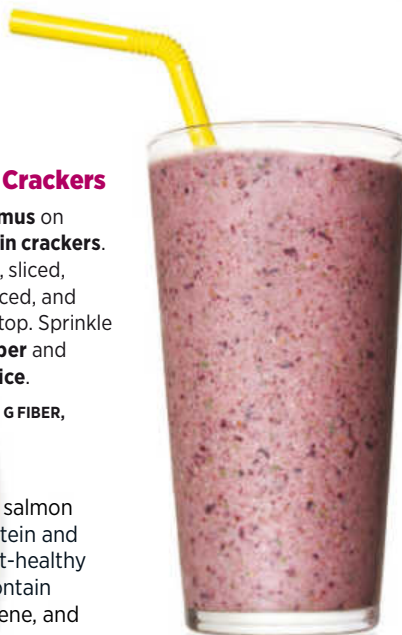
1. Smoked Salmon Crackers

Spread 2 tbsp **hummus** on 2 **large Wasa whole grain crackers**. Add 1 **small tomato**, sliced, 1 **small cucumber**, sliced, and 3 oz **smoked salmon** on top. Sprinkle with a pinch of **pepper** and a little **lemon juice**.

268 CALORIES, 7 G FAT, 7 G FIBER,
23 G PROTEIN

“Packaged smoked salmon is a high-quality protein and rich in omega-3 heart-healthy fats. Tomatoes contain vitamin C and lycopene, and cucumbers supply some potassium. It’s a quick meal with lots of nutritional perks and no added sugar.”

Wendy Bazilian,
DrPH, RD, author of
Eat Clean, Stay Lean



2. Green and Blue Smoothie

Toss 1 cup **fresh or frozen blueberries**, ½ cup **kefir or low-fat plain yogurt**, ½ cup **chopped or baby kale**, ½ cup **mint leaves**, ½ **banana**, ½ cup **pumpkin seeds** and 2 **ice cubes** into a high-speed blender. Add cold **water** to reach desired texture.

320 CALORIES, 13 G FAT, 7 G FIBER,
11 G PROTEIN

“It’s really important to have protein, fat and minerals in the morning to help you wake up and think clearly. Seeds are a terrific source of all three. Kale is also nutrient-dense, with magnesium, vitamin C and folate, and berries have disease-fighting antioxidants.”

Drew Ramsey, MD,
assistant clinical professor
of psychiatry at Columbia
University and author of
Eat Complete



3. Veggie Egg Scramble

Scramble 1 **egg**, 2 **egg whites**, ½ cup **veggies like broccoli or zucchini** and ¼ cup **Swiss or mozzarella cheese** and cook in a skillet over low heat. Serve with 1 cup **milk** and 1 cup **strawberries or other berries** on the side.

371 CALORIES, 12 G FAT,
5 G FIBER, 39 G PROTEIN



“Eggs provide a complete protein, which leaves you satisfied through the morning and may keep you from snacking on junk food later on. A scramble is a great way to get greens too. I make this dish at night, as I’m packing lunches, and reheat in the microwave when I wake up.”

Tanya Altmann, MD, California-based
pediatrician and author of *Mommy Calls*



4. Egg, English Muffin, Nut Butter and Fruit

Grab 1 **hard-boiled egg**, made the night before. Spread 1 tbsp **peanut or almond butter** on 1 **whole wheat English muffin**, halved. And finish it off with 1 **kiwi, apple or pear**.

371 CALORIES, 14 G FAT, 10 G FIBER, 16 G PROTEIN



"The combination of fiber and protein supplies staying power and satiety. Plus eggs are a top source of choline, an important nutrient for memory and learning."

Susan Mitchell, PhD, RDN,
Family Circle Health
Advisory Board member

"Protein from the chia seeds and milk stabilizes blood sugar levels while helping boost concentration and energy. Omega-3s in the seeds are also great for heart and brain health."

Tasneem Bhatia, MD, author of
What Doctors Eat



5. Chia Seed Pudding

Whisk ¼ cup **white chia seeds**, 1 to 1½ cups **unsweetened almond or coconut milk**, ½ tsp **vanilla** and 1 tbsp **honey**. Refrigerate overnight in a covered container. In the morning, add 1 **banana**, sliced.

353 CALORIES, 13 G FAT, 4 G FIBER, 9 G PROTEIN



6. Overnight Oats

Combine ½ cup **rolled oats** (not instant), ¼ cup **plain low-fat yogurt or kefir** and ¼ cup **water**, put in an insulated mug and refrigerate overnight. In the a.m., add ¼ cup **shredded unsweetened coconut**, ¼ cup **dried cherries** and a pinch of **nutmeg**. Enjoy cold.

317 CALORIES, 10 G FAT, 6 G FIBER, 10 G PROTEIN



"You'll consume a good mix of protein, healthy fats, complex carbs and antioxidants. Oatmeal also assists the brain in producing the feel-good chemical serotonin, which keeps you happy throughout the day."

Keri Glassman, RD, founder of
nutritiouslife.com and
author of *The New You*
(and Improved!) Diet

Whether you make these morning meals or have your own go-to healthy dish, we want to know! Take a photo of your food and share it on social media using #MYPowerBreakfast.

Don't forget to tag
@FAMILYCIRCLEMAG!

"This meal is a good balance of complex carbohydrates, fiber and healthy fat. It's also packed with protein—a key nutrient for breakfast that keeps weight under control and helps muscles recover after an early morning workout."

Alissa Rumsey, RD, certified strength and conditioning specialist and spokesperson for the Academy of Nutrition and Dietetics



7. Avocado and Egg Toast

Mash ½ **avocado** and mix with ½ tsp **olive oil** and ½ tsp **balsamic vinegar**. Spread the avocado mixture on 1 **slice 100% whole-grain bread**. Top with 2 **eggs**, cooked sunny-side up.

348 CALORIES, 25 G FAT, 7 G FIBER, 15 G PROTEIN



nly

Eggland's Best gives your family the best in taste & nutrition.

THINK ALL EGGS ARE THE SAME? Then you haven't experienced Eggland's Best.



Compared to ordinary eggs, Eggland's Best eggs have four times the Vitamin D, more than double the Omega 3, 10 times the Vitamin E, and 25 percent less saturated fat. Plus, EBs are a good source of Vitamin B5 and Riboflavin, contain only 60 calories, and stay fresher longer.

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So why give your family ordinary when they can enjoy the best? **Eggland's Best.**

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egglandsbest.com



Better Taste. Better Nutrition.
Better Eggs.®

20/20

Boost your eye-Q with our by-the-decade guide to keeping your vision picture-perfect.

BY HALLIE LEVINE

IN YOUR 20s

TOP PROBLEM

Digital Eye Strain

A shocking 93% of adults spend more than two hours a day using a digital device (and 37% of millennials put in at least nine hours per day), and that may lead to some painful problems. When you're compulsively staring at your computer or your iPad, you blink half as often as usual, which can trigger dry, itchy and even burning eyes.

BE PROACTIVE While using digital devices, follow the American Academy of

Ophthalmology (AAO) 20-20-20 rule to refocus your eyes and return your blink rate to normal: Every 20 minutes look at an object at least 20 feet away for at least 20 seconds. Adjust computer screens so they're an arm's length away from your face, and place anti-glare film over them. Finally, enlarge the point size on your Kindle. "Digital newspapers and books are often smaller than print versions, and thus harder on your eyes," says Rebecca Taylor, MD, spokesperson for the AAO.

SCREENING GUIDELINES Schedule an eye exam at least once during your 20s, even if you have no vision concerns.

IN YOUR 30s

TOP PROBLEM Dry Eye

Experts aren't sure why hormonal fluctuations (caused by everything from perimenopause to pregnancy to breastfeeding) can make your eyes go the way of the Sahara. But one cause might be estrogen receptors on your cornea that may dry out tissue and affect tear formation. Surprisingly, you could have this condition and not even realize it. "Women come in and see me for the opposite reason: They complain that by midafternoon, their eyes won't stop



“Prolia® helped strengthen my bones. Can it help strengthen yours?
Ask your doctor.”

Blythe Danner
Actress taking Prolia®

Prolia® is for women with postmenopausal osteoporosis at high risk for fracture. It's proven to help strengthen bones and help increase bone density with 2 shots a year.



Prolia® is a prescription medicine used to treat osteoporosis in women after menopause who:

- **are at high risk for fracture, meaning women who have had a fracture related to osteoporosis, or who have multiple risk factors for fracture**
- **cannot use another osteoporosis medicine or other osteoporosis medicines did not work well**



Important Safety Information

Do not take Prolia® if you: have low blood calcium; or are pregnant or plan to become pregnant, as Prolia® may harm your unborn baby; or are allergic to denosumab or any ingredients in Prolia®.

What is the most important information I should know about Prolia®?

If you receive Prolia®, you should not receive XGEVA®. Prolia® contains the same medicine as XGEVA® (denosumab).

Prolia® can cause serious side effects:

Serious allergic reactions have happened in people who take Prolia®. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction, including low blood pressure (hypotension); trouble breathing; throat tightness; swelling of your face, lips, or tongue; rash; itching; or hives.

Low blood calcium (hypocalcemia). Prolia® may lower the calcium levels in your blood. If you have low blood calcium, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia®.

Take calcium and vitamin D as your doctor tells you to help prevent low blood calcium.

Severe jaw bone problems (osteonecrosis) may occur. Your doctor should examine your mouth before you start Prolia® and may tell you to see your dentist. It is important for you to practice good mouth care during treatment with Prolia®.

Unusual thigh bone fractures. Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.

Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen. Inflammation of the inner lining of the heart (endocarditis) due to an infection may also happen more often in people who take Prolia®. You may need to go to the hospital for treatment.

Prolia® is a medicine that may affect the ability of your body to fight infections. People who have weakened immune systems or take medicines that affect the immune system may have an increased risk for developing serious infections.

Skin problems such as inflammation of your skin (dermatitis), rash, and eczema have been reported.

Bone, joint, or muscle pain. Some people who take Prolia® develop severe bone, joint, or muscle pain.

Before taking Prolia®, tell your doctor if you:

- Take the medicine XGEVA® (denosumab)
- Have low blood calcium
- Cannot take daily calcium and vitamin D
- Had parathyroid or thyroid surgery (glands located in your neck)
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome)
- Have kidney problems or are on kidney dialysis
- Plan to have dental surgery or teeth removed
- Are pregnant or plan to become pregnant
- Are breast-feeding or plan to breast-feed

What are the possible side effects of Prolia®?

It is not known if the use of Prolia® over a long period of time may cause slow healing of broken bones. The most common side effects of Prolia® are back pain, pain in your arms and legs, high cholesterol, muscle pain, and bladder infection.

These are not all the possible side effects of Prolia®. For more information, ask your doctor or pharmacist. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Brief Summary of Medication Guide on next page.

To learn more, visit prolia.com.



2 shots a year proven to help strengthen bones.



BRIEF SUMMARY OF MEDICATION GUIDE

Prolia® (PRÔ-lee-a) (denosumab) Injection

Read the Medication Guide that comes with Prolia before you start taking it and each time you get a refill. There may be new information. The Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. Talk to your doctor if you have any questions about Prolia.

What is the most important information I should know about Prolia?

If you receive Prolia, you should not receive XGEVA®. Prolia contains the same medicine as Xgeva (denosumab).

Prolia can cause serious side effects including:

• **Serious allergic reactions.**

Serious allergic reactions have happened in people who take Prolia. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction. Symptoms of a serious allergic reaction may include:

- low blood pressure (hypotension)
- trouble breathing
- throat tightness
- swelling of your face, lips, or tongue
- rash
- itching
- hives

• **Low calcium levels in your blood (hypocalcemia).**

Prolia may lower the calcium levels in your blood. If you have low blood calcium before you start receiving Prolia, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia. Most people with low blood calcium levels do not have symptoms, but some people may have symptoms. Call your doctor right away if you have symptoms of low blood calcium such as:

- Spasms, twitches, or cramps in your muscles
- Numbness or tingling in your fingers, toes, or around your mouth

Your doctor may prescribe calcium and vitamin D to help prevent low calcium levels in your blood while you take Prolia. Take calcium and vitamin D as your doctor tells you to.

• **Severe jaw bone problems (osteonecrosis).**

Severe jaw bone problems may happen when you take Prolia. Your doctor should examine your mouth before you start Prolia. Your doctor may tell you to see your dentist before you start Prolia. It is important for you to practice good mouth care during treatment with Prolia. Ask your doctor or dentist about good mouth care if you have any questions.

• **Unusual thigh bone fractures.**

Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.

• **Serious infections.**

Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen if you take Prolia. Inflammation of the inner lining of the heart (endocarditis) due to an infection also may happen more often in people who take Prolia. You may need to go to the hospital for treatment if you develop an infection.

Prolia is a medicine that may affect the ability of your body to fight infections. People who have weakened immune system or take medicines that affect the immune system may have an increased risk for developing serious infections.

Call your doctor right away if you have any of the following symptoms of infection:

- Fever or chills
- Skin that looks red or swollen and is hot or tender to touch
- Fever, shortness of breath, cough that will not go away
- Severe abdominal pain
- Frequent or urgent need to urinate or burning feeling when you urinate

• **Skin problems.**

Skin problems such as inflammation of your skin (dermatitis), rash, and eczema may happen if you take Prolia. Call your doctor if you have any of the following symptoms of skin problems that do not go away or get worse:

- Redness
- Itching
- Small bumps or patches (rash)
- Your skin is dry or feels like leather
- Blisters that ooze or become crusty
- Skin peeling

• **Bone, joint, or muscle pain.**

Some people who take Prolia develop severe bone, joint, or muscle pain.

Call your doctor right away if you have any of these side effects.

What is Prolia?

Prolia is a prescription medicine used to:

- Treat osteoporosis (thinning and weakening of bone) in women after menopause ("change of life") who:
 - are at high risk for fracture (broken bone).
 - cannot use another osteoporosis medicine or other osteoporosis medicines did not work well.

It is not known if Prolia is safe and effective in children.

Who should not take Prolia?

Do not take Prolia if you:

- have been told by your doctor that your blood calcium level is too low.
- Have low blood calcium.
- are pregnant or plan to become pregnant.
- are allergic to denosumab or any of the ingredients in Prolia. See the end of this leaflet for a complete list of ingredients in Prolia.

What should I tell my doctor before taking Prolia?

Before taking Prolia, tell your doctor if you:

- Are taking a medicine called Xgeva (denosumab). Xgeva contains the same medicine as Prolia.
- Have low blood calcium.
- Cannot take daily calcium and vitamin D.
- Had parathyroid or thyroid surgery (glands located in your neck).
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome).
- Have kidney problems or are on kidney dialysis.
- Plan to have dental surgery or teeth removed.
- Are pregnant or plan to become pregnant. Prolia may harm your unborn baby. Tell your doctor right away if you become pregnant while taking Prolia.
 - **Pregnancy Surveillance Program:** Prolia is not intended for use in pregnant women. If you become pregnant while taking Prolia, talk to your doctor about enrolling in Amgen's Pregnancy Surveillance Program or call 1-800-772-6436 (1-800-77-AMGEN). The purpose of this program is to collect information about women who have become pregnant while taking Prolia.
- Are breastfeeding or plan to breastfeed. It is not known if Prolia passes into your breast milk. You and your doctor should decide if you will take Prolia or breastfeed. You should not do both.

Tell your doctor about all the medicines you take, including prescription and nonprescription drugs, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of medicines with you to show to your doctor or pharmacist when you get a new medicine.

How will I receive Prolia?

- Prolia is an injection that will be given to you by a healthcare professional. Prolia is injected under your skin (subcutaneous).
- You will receive Prolia 1 time every 6 months.
- You should take calcium and vitamin D as your doctor tells you to while you receive Prolia.
- If you miss a dose of Prolia, you should receive your injection as soon as you can.
- Take good care of your teeth and gums while you receive Prolia. Brush and floss your teeth regularly.
- Tell your dentist that you are receiving Prolia before you have dental work.

What are the possible side effects of Prolia?

Prolia may cause serious side effects.

• See **"What is the most important information I should know about Prolia?"**

- It is not known if the use of Prolia over a long period of time may cause slow healing of broken bones.

The most common side effects of Prolia in women who are being treated for osteoporosis after menopause are:

- back pain
- pain in your arms and legs
- high cholesterol
- muscle pain
- bladder infection

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Prolia. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Prolia if I need to pick it up from a pharmacy?

- Keep Prolia in a refrigerator at 36°F to 46°F (2°C to 8°C) in the original carton.
- Do not freeze Prolia.
- When you remove Prolia from the refrigerator, Prolia must be kept at room temperature [up to 77°F (25°C)] in the original carton and must be used within 14 days.
- Do not keep Prolia at temperatures above 77°F (25°C). Warm temperatures will affect how Prolia works.
- Do not shake Prolia.
- Keep Prolia in the original carton to protect from light.

Keep Prolia and all medicines out of reach of children.

General information about Prolia

Do not give Prolia to other people even if they have the same symptoms that you have. It may harm them.

The Medication Guide summarizes the most important information about Prolia. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Prolia that is written for health professionals.

For more information, go to www.Prolia.com or call Amgen at 1-800-772-6436.

What are the ingredients in Prolia?

Active ingredient: denosumab

Inactive ingredients: sorbitol, acetate, polysorbate 20 (prefilled syringe only), Water for Injection (USP), and sodium hydroxide



CATARACT CHECKUP

/ People who undergo surgery to fix their cataract-related vision loss may live longer. Research shows they have a 40% lower risk of long-term mortality. One possible reason: They're simply better able to care for themselves without cloudy vision. If you experience a dim or blurry view, make an appointment with your eye doctor ASAP to determine the cause.

tearing up," says Taylor. "When your eyes get dry, they transmit a message to the brain to send down tears. But your brain often responds by sending down a temporary flash flood."

BE PROACTIVE If you have dry or watery eyes, blurred vision, a sense of grittiness or burning, try preservative-free OTC products like Soothe Lubricant Eye Drops or Refresh Optive Advanced Lubricant Eye Drops. Since it's the season for blasting radiators, which dry out air, crank up your humidifier too.

Finally, consider meds and diet. Dehydration and certain drugs, such as antihistamines, decongestants, birth control pills and antidepressants, can exacerbate dry eye. Research has also shown a link between the condition and not getting enough omega-3 fatty acids. Meet your quota with two to three servings of fatty fish a week or a 1,000 mg supplement twice a day, says Taylor.

If your eyes still feel uncomfortable, see your eye doctor for prescription remedies. "We've started to treat dry eye

more aggressively because we realize that the sooner you do, the less severe it will become," explains Christopher E. Starr, MD, associate professor of ophthalmology at Weill Cornell Medical Center.

SCREENING GUIDELINES No vision problems? You still need to see an ophthalmologist every five years during this decade. If you wear contacts or glasses, you'll require an annual visit.

IN YOUR 40s

TOP PROBLEM Presbyopia

Are you having trouble making out the lettering on menus or getting headaches from eye strain while working at your computer? Welcome to presbyopia: blurred near vision that, like crow's-feet and an expanding waistline, usually appears as a midlife right of passage. "As you age, your eye lens starts to lose flexibility and the muscles surrounding the lens lose elasticity," explains David M. Rubaltelli, MD, an ophthalmologist at Montefiore Medical Center in New York City. "That causes your eyes to have more difficulty focusing on close objects." About 112 million Americans have presbyopia, which is most likely to crop up in your early 40s.

BE PROACTIVE See your doctor as soon as you notice a change. While your blurred vision is most likely due to presbyopia, he will want to rule out other potentially vision-threatening conditions that creep up on us as we get older, like glaucoma and age-related

5 WAYS TO REDUCE THE RISK OF AGE-RELATED MACULAR DEGENERATION (AMD)

Damage to the macula, a small spot near the center of your retina, can lead to this condition, a common cause of vision loss in the U.S. Here's how to help prevent it.

1. Wear sunglasses. UV light harms your retina.

2. Eat smart. Dark leafy greens like spinach, kale, mustard greens and collard greens contain high levels of lutein, an antioxidant that prevents AMD from progressing. Eating fatty fish, such as salmon or sardines, twice a week also lowers AMD risk.

3. Don't smoke. And avoid secondhand smoke. It could affect oxygen delivery to your retina.

4. Lose pounds. Being overweight or obese may up your risk, perhaps by promoting inflammation in your body.

5. Get moving. Research shows that people who do cardio exercise at least three times a week reduce their vulnerability.

macular degeneration. If it is presbyopia, you'll need reading glasses or, if you already wear specs, bifocals. Contact lens wearers can opt for bifocal lenses or try a correction method called monovision, where the dominant eye is corrected for distance and the other is corrected for near vision.

SCREENING GUIDELINES Get a baseline eye exam at age 40. You'll need to follow up every two to four years, depending on whether or not you're experiencing any issues.

IN YOUR 50s and BEYOND

TOP PROBLEM Glaucoma

Your risk of developing glaucoma—a disease that damages your eye's optic nerve and could lead to blindness—slowly rises as you move into your 50s and 60s. Even scarier, about half of all people with the ailment remain undiagnosed, according to the AAO. "Unlike some other age-related eye diseases, such as cataracts,

Plant power for a better you.™

When your throat needs soothing, you'll find comfort in every sip of this smooth and silky blend.

Knowing it's made with slippery elm that's sustainably harvested by rural Appalachian families might make you feel even better.

TraditionalMedicinals.com/ThroatCoat



HOW MEDS CAN AFFECT YOUR VISION

- **Pain relievers:** Dry eye
- **Blood pressure meds (diuretics, beta-blockers):** Dry eye
- **Sleeping pills:** Dry eye
- **Osteoporosis drugs, such as bisphosphonates:** Blurred vision
- **Statins:** May increase risk of cataracts but could lower risk of glaucoma

Sources: AAO, Rebecca Taylor, MD

glaucoma is often symptomless,” explains Andrew Iwach, MD, a San Francisco ophthalmologist and AAO spokesperson. You’re at increased risk if you have a family history, diabetes, migraines, high blood pressure, or are African American, Asian American or Hispanic.

BE PROACTIVE Because glaucoma can be asymptomatic, stay on top of your screenings and make sure your doctor is giving you the right tests. Some screen by performing tonometry, which measures

eye pressure, but that’s not enough. “Up to 50% of people with glaucoma have normal eye pressure,” explains Iwach. Request an ophthalmoscopy, in which your pupils are dilated so your doctor can examine your optic nerve for glaucoma damage. If either test is abnormal, you’ll need further examination, such as visual field testing.

Unfortunately, there isn’t much you can do to prevent glaucoma. Some studies suggest moderate exercise may reduce your risk. More important, be sure to wear eye protection if you’re playing a sport like tennis or even helping coach a kid’s baseball game. A serious eye injury can cause a form of the disease known as traumatic glaucoma, says Iwach. Antihistamines have also been linked to a slightly elevated risk of one form of the disease (narrow-angle glaucoma), so talk to your eye doctor if you have a family history of glaucoma before using these meds regularly.

SCREENING GUIDELINES Schedule an appointment with your eye doctor every two to four years if you’re under 55. Frequency increases to every one to three years once you’re between the ages of 55 and 64, and every one to two years if you’re over 65, according to the AAO.

CHOOSING CONTACT LENSES

There are two main categories of lenses: soft, which are made from gel-like, water-containing plastics, and rigid gas permeable (RGP), which are made of firm, durable plastic. RGPs tend to be less expensive, can last several years and decrease your likelihood of an eye infection, while soft lenses are often more comfortable. Here’s a breakdown of what’s available.

Disposable-Wear Lenses	<p>What they are: Soft lenses that are removed nightly and replaced on a daily, weekly, monthly or biannual basis.</p> <p>Best for: Dailies are great for people with allergies and/or dry eye. These lenses are less likely to dry out since they’re replaced so frequently. Longer wears are good for those who are cost-conscious.</p>
Extended-Wear Lenses	<p>What they are: Soft lenses worn overnight but removed at least weekly for cleaning and disinfection.</p> <p>Best for: People who really do forget to take out their lenses before bed. Still, they’re not recommended by experts due to a much higher risk of corneal infection with any overnight use.</p>
Toric Lenses	<p>What they are: Contacts that correct astigmatism—a condition in which the cornea is shaped like an egg instead of an orange. Either soft or RGP, they’re removed nightly.</p> <p>Best for: People with astigmatism.</p>
Bifocal or multifocal contact lenses	<p>What they are: RGP or soft contacts that do double duty by correcting nearsightedness and farsightedness as well as presbyopia.</p> <p>Best for: People over the age of 40 who don’t mind giving up some crispness of vision. Single-vision lenses are slightly superior.</p>

Source: Rebecca Taylor, MD



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Q&A

Should I be worried that this season's flu shot won't protect me?

No. "Early U.S. cases of the illness fit the vaccine very closely, so don't use last year's problem as an excuse to skip," says William Schaffner, MD, medical director for the National Foundation for Infectious Diseases. "The virus can change genetically over time, but that's why we reformulate the vaccine every year." That means anyone age 6 months and older should get the shot annually. It has a 50% to 60% effectiveness rate, and if you catch the virus, it can make symptoms milder and lower your odds of getting pneumonia. The sickness often peaks between December and February and may continue through May, so now is still a good time to get vaccinated.

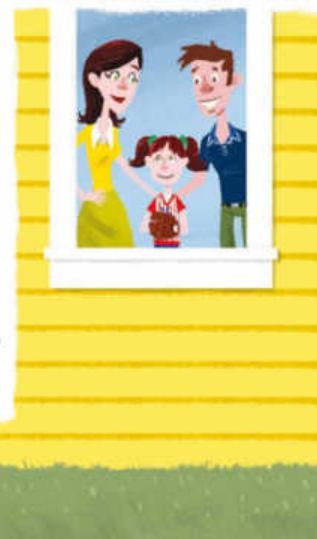
BETTER BONDS

You may have heard that eating dinner as a family at least once a week can help kids battle obesity and perform better in school as well as improve their emotional well-being. But did you know the benefits of sharing a meal extend to grandparents too, improving their quality of life and keeping them from feeling lonely? So says Shannon Muhs,

RD, dietitian for Home Instead Senior Care. Plus, dining together helps kids and seniors form stronger bonds. Invite elderly relatives over for a weekly meal, or if they live far away, plan the menu as a team and Skype them in. Playing a board game afterward will also help older loved ones maintain cognitive skills and fight dementia.

Home Health Hazard

No one wants creepy-crawlies at home, but eliminating pests with chemicals can cause serious problems for your kids. A recent study found that using pesticides indoors may increase the risk of childhood leukemia and lymphoma. The active ingredients in sprays—like organophosphates and pyrethroids, to name a few—are responsible for disease development, says Chensheng Lu, PhD, study author and associate professor of environmental exposure biology at the Harvard T.H. Chan School of Public Health. "The risk is greatest when children experience low-level exposure for a long period of time," he explains. Bait houses are better than sprays, since the pesticide is more contained, as are gels or glue pads that trap bugs. Ask your exterminator for products with chemical-free ingredients. Also, simple strategies like wiping up crumbs, sealing cracks around the house and using screen windows will keep insects out—and your family healthier.



To do

~~grocery store~~

- take the dog to vet friday

* Kids need new uniforms - order!

✓ send email to Jess & team

☐ Call Heather

→ Make-up soccer game - 3:30 Sat.

* Flower show Saturday Night ✓

↳ Babysitter? Jen?

⇒ Call gutter cleaner! Rick G.

After school night - Tuesday 20th @ 6:30 PM

* Order Shower invites & ~~(Call Sheri for guest list)~~

To Dry Cleaners:

- Suits
- dress
- Coats

→ Lunch duty Schedules → email out by Wednesday



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Move Toward Happiness

Bullied students who exercise four or more days per week are 23% less likely to report both suicidal thoughts and attempts compared to those who work out less often, recent research found. This supports how important physical activity is for boosting mental health, so get kids moving with a family activity, says Jeremy Sibold, EdD, ATC, associate professor and chair of the department of rehabilitation and movement science at the University of Vermont. Try a fun, seasonal sport like ice-skating or skiing, or do exercises together at home. Go to familycircle.com/partnerworkout for Pilates-esque moves for you and your teen.

WHICH IS BETTER FOR STRESS:

a daily 10-minute meditation or weekly yoga class?

Opt for the meditation. Even just one minute a day helps relieve overall stress, says Lauren Imparato, founder of I.AM.YOU. yoga studio in NYC and author of *RETOX:*

Healthy Solutions for Real Life. “If you can control your breath, you can manage your mind,” Imparato says. “So take a deep inhale and exhale and don’t worry about doing an hour-long yoga class.” Plus, meditation has been shown to reduce brain cell volume in the amygdala, which is responsible for feelings

of anxiety, and it can improve your memory and focus. For a quick hit of Zen, follow Imparato’s guided meditation at familycircle.com/meditate. —Daley Quinn



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WHY MY HUMAN WON’T LEAVE THE
HOUSE WITHOUT HER LEASH.
I THINK SHE’S AFRAID OF GETTING
LOST. BUT IT’S OK, I KIND OF LIKE
SHOWING HER AROUND. ”

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Life Coach

BE YOUR OWN

The answers to these five critical questions will help you get unstuck, laser focused and more motivated than ever.

BY JESSICA CASSITY

1 What would I see in a snapshot of my best self?

Before you start making goals for yourself, be sure you know what end result you're hoping for. "Start with your vision of what you want most in life," suggests Linda Smith, a physician assistant, integrated health coach and director of educational programs at Duke Integrative Medicine. Think basic—how you look (slimmer? well rested?), what you're doing (creating? traveling?)—then go deeper. Imagine how you feel, who you're with, where you are and more. Let this image be the end point on your road map to change.

2 Which of my values have I put on the back burner?

Health? Respect? Honesty? "When life feels off track, it's often because we've become less intentional about living according to our own values," says Derrick Carpenter, a life coach and expert with Happify.com. "By identifying what values you've let slip, you can regain your intentionality and boost your happiness." You may have a lucrative career, for example, but if you've sacrificed personal growth at work, you may be ready for a more meaningful pursuit. If you're feeling lonely despite a long list of acquaintances, it may be time to build deeper friendships.

3 Is this a "should" or is this a "want"?

You may not realize it, but your bucket list has two types of entries: things you *really* desire for yourself and things you *think* you should desire but actually don't. "To figure out the difference, take the word 'should' out of your thoughts and statements and replace it with the word 'want,'" says Tricia Huffman, life coach and founder of yourjoyologist.com. *Should* you do yoga, or do you *want* to do yoga? *Should* you bake those brownies from scratch, or do you *want* to? This simple trick can help you sort through your time priorities. The earlier you realize you don't actually want to meditate, the sooner you can start working toward getting better at photography.

4 How can I be kinder to myself?

If you hear "Why can't I do this?" or "Why don't I have any self-control?" each time you slip up, your internal dialogue may be more harmful than your actions. "Judgmental questions can send you into a downward spiral," says Marilee Adams, PhD, a life and executive coach and author of *Change Your Questions, Change Your Life: 12 Powerful Tools for Leadership, Coaching, and Life*. Beat yourself up enough about eating a doughnut and you may feel

bad enough to splurge on another. Next time, skip the tongue-lashing and get curious about your actions and motivations. Ask, "How can I make a better choice next time?" or "What am I really upset about?" By bringing compassion to yourself and getting to the root of what's derailing you, you'll be better able to reduce the slip-ups.

5 Could I be sabotaging my success?

"People lose their motivational mojo because they never learn to keep promises to themselves," says Lauren Zander, founder of the Handel Group, a coaching company in New York City. "You'll always take your kids to practice, for example, but you'll skip taking yourself to the gym." To break this cycle, Zander asks clients to envision a 30-day boot camp that would change their lives. Want to be a better cook? Broaden your knowledge in the kitchen once a day for a month, whether that means trying a new knife skill from YouTube or teaching yourself to cook a dish without a recipe. Want to start a new business? Set aside an hour each day to create a proposal. If you stay focused, you may even reach your objective by day 30. Pat yourself on the back and then gear up for your next goal. After all, that business proposal isn't going to pitch itself.



Very Berry

- 8 Tbsp Almased
- 12 oz bottled or filtered water
- ½ cup strawberries
- ½ cup plain fat-free yogurt
- ¼ cup blueberries
- Crushed ice

Vanilla Dream

- 8 Tbsp Almased
- 10 oz unsweetened almond milk
- 1 tsp vanilla extract
- Pinch of cinnamon



Caramel Latte

- 8 Tbsp Almased
- 6 oz unsweetened almond milk
- 4 oz cold coffee
- 1 tsp caramel extract



Banana Split

- 8 Tbsp Almased
- 10 oz unsweetened almond milk
- 1 tsp unsweetened cocoa powder
- 1 tsp banana extract



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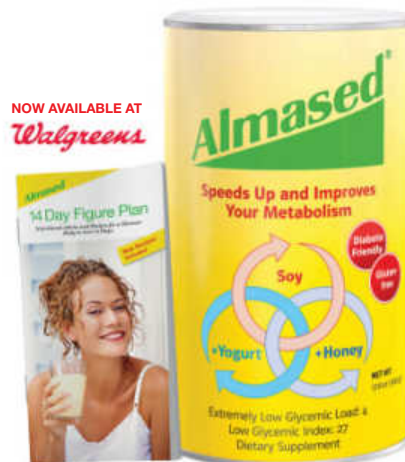
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Chicken Redux

8 ways to reinvent a dinnertime favorite

BY MELISSA KNIFIC / PHOTOGRAPHY BY RYAN LIEBE

ROASTED CHICKEN
WITH SALSA VERDE



CREAMY CHORIZO
CHICKEN CUTLETS

Roasted Chicken with Salsa Verde

MAKES 6 servings **PREP** 20 minutes
ROAST at 450° for 45 minutes

- 1 whole chicken (4 lbs)
- $\frac{3}{4}$ tsp plus $\frac{1}{8}$ tsp kosher salt
- $\frac{1}{2}$ cup plus 1 tbsp extra-virgin olive oil
- $\frac{1}{4}$ tsp plus $\frac{1}{8}$ tsp black pepper
- $\frac{1}{2}$ cup packed fresh basil
- $\frac{1}{2}$ cup packed fresh parsley
- $\frac{1}{4}$ cup pitted green olives
- 1 clove garlic
- 1 tbsp fresh lemon juice plus 1 tsp grated lemon zest

■ Heat oven to 450°. Place chicken on a cutting board. Remove giblets and discard. Pat entire chicken dry and place breast side down. Using kitchen shears, cut on either side of backbone to remove it; discard. Flip over chicken and, using your palms, flatten it (this technique is called *spatchcock*). Place on a rimmed sheet pan fitted with a rack. Season under skin with $\frac{1}{4}$ tsp of the salt. Rub skin with 1 tbsp of the oil and season with $\frac{1}{2}$ tsp more of the salt and $\frac{1}{4}$ tsp of the pepper. Roast at 450° for

45 minutes, or until internal temperature registers 165°.

■ While chicken roasts, make salsa verde. In a food processor, combine basil, parsley, olives, garlic, lemon juice and zest and remaining $\frac{1}{8}$ tsp each salt and pepper. Pulse until roughly chopped. Pour in remaining $\frac{1}{2}$ cup oil while machine is running.

■ Let chicken rest 10 minutes; carve and serve with salsa verde.

PER SERVING 300 CAL; 22 g FAT (4 g SAT); 29 g PRO; 1 g CARB; 0 g FIBER; 630 mg SODIUM; 85 mg CHOL

Creamy Chorizo Chicken Cutlets

MAKES 4 servings
PREP 15 minutes **COOK** 10 minutes

- 1 tbsp olive oil
- 3 oz Spanish-style cured chorizo, casing removed, quartered and sliced
- 4 chicken cutlets (about $1\frac{1}{4}$ lbs)
- 1 tsp sweet paprika
- $\frac{1}{2}$ tsp plus $\frac{1}{8}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- $\frac{1}{4}$ cup finely diced shallots
- 3 cloves garlic, sliced



CHICKEN SCHNITZEL WITH
FENNEL-GRAPEFRUIT SALAD



CHICKEN TINGA TACOS



COCONUT-CASHEW
CHICKEN CURRY

- ½ tsp smoked paprika
- 1 cup unsalted chicken broth
- ½ cup cream cheese
- ¼ cup parsley, chopped,
for garnish
- Mashed potatoes
(optional)

■ In a large pan, heat oil over medium heat. Add chorizo and cook 3 minutes. Remove to a plate with a slotted spoon.

■ Season chicken on both sides with ½ tsp of the sweet paprika, ½ tsp of the salt and the pepper. Increase heat to medium-high. Brown chicken 2 minutes per side. Remove to a plate with chorizo.

■ Stir in shallots, garlic, remaining ½ tsp sweet paprika and the smoked paprika. Cook 2 minutes. Pour in chicken broth and remaining ½ tsp salt, scraping bottom of pan. Bring to a simmer. Whisk in cheese until melted; return chorizo and chicken; cook 1 more minute. Garnish with parsley. Serve over mashed potatoes, if desired.

PER SERVING 370 **CAL**; 20 g **FAT** (8 g **SAT**); 42 g **PRO**; 4 g **CARB**; 1 g **FIBER**; 990 mg **SODIUM**; 155 mg **CHOL**

Chicken Schnitzel with Fennel-Grapefruit Salad

MAKES 4 servings
PREP 15 minutes **COOK** 8 minutes

- 4 tbsp olive oil
- 2 tbsp white wine vinegar
- 2 tsp honey
- 1 tsp plus ½ tsp salt
- ½ tsp black pepper
- 2 medium grapefruit,
peeled, sliced crosswise
- 1 small fennel bulb, cored
and very thinly sliced,
fronds chopped
- ¼ cup all-purpose flour
- 2 eggs
- ¾ cup plain bread crumbs
- 4 chicken cutlets
(about 1¼ lbs), pounded
to ½-inch thickness
- 2 tbsp unsalted butter
- 4 packed cups arugula

■ In a bowl, whisk 2 tbsp of the olive oil, the vinegar, honey, ¼ tsp plus ½ tsp of the salt and ¼ tsp of the pepper. Gently toss with grapefruit and fennel; cover and refrigerate.

■ In a shallow dish (we like pie plates!), combine flour with ½ tsp of the salt and remaining

¼ tsp pepper. Beat eggs in a separate dish. In a third dish, combine bread crumbs with remaining ¼ tsp salt. Coat chicken cutlets in flour, then dip into egg, allowing excess to drip off. Finally, coat cutlets in bread crumbs.

■ In a skillet, heat 1 tbsp of the oil and 1 tbsp of the butter over medium-high heat. Add 2 cutlets. Cook 2 minutes; flip and cook another 2 minutes, until chicken is golden brown. Repeat with remaining 1 tbsp oil, 1 tbsp butter and 2 cutlets.

■ Toss arugula into salad and serve on top of cutlets.

PER SERVING 370 **CAL**; 19 g **FAT** (4 g **SAT**); 9 g **PRO**; 43 g **CARB**; 9 g **FIBER**; 790 mg **SODIUM**; 100 mg **CHOL**

Coconut-Cashew Chicken Curry

MAKES 6 servings
PREP 15 minutes **COOK** 23 minutes

- 1½ cups dry jasmine or basmati rice
- 1½ lbs skinless boneless chicken thighs or breasts, cut into 1½-inch pieces
- 2 tsp sweet Indian curry powder (such as Madras)
- ¾ tsp salt
- 2 tbsp vegetable oil
- 1 cup diced yellow onions
- 3 cloves chopped garlic
- 1 tbsp peeled grated ginger
- 1 can (13.5 oz) coconut milk
- 1 cup unsalted chicken broth
- ¾ cup raw unsalted cashews, toasted
- Sliced scallions, cilantro and chopped cashews, for garnish (optional)

■ Cook rice as per package directions. Meanwhile, toss chicken in a bowl with 1 tsp of the curry powder and ½ tsp of the salt. In a straight-sided skillet, heat oil over medium-high heat. Brown chicken 4 minutes, turning once. Remove to a plate with a slotted spoon.

■ Reduce heat to medium. Add onions to skillet; cook 3 minutes. Stir in remaining 1 tsp curry powder, the garlic and ginger; cook 1 minute. Add coconut milk, broth and cashews. Bring to a simmer; cook 5 minutes.



CHICKEN SALAD WITH BARLEY AND FIGS

MAKES 6 servings
PREP 20 minutes **COOK** 8 minutes

Bring 8 cups salted water to a boil; stir in 2 cups **quick-cook barley**. Cook 8 minutes; drain and rinse immediately under cold water. In a large bowl, whisk ¾ cup **sour cream**, ½ cup **light mayonnaise**, 2 tbsp each **cider vinegar** and **honey**, 1 tbsp **poppy seeds**, and ½ tsp each **salt** and **black pepper**. Stir in cooked barley, 4 cups shredded **rotisserie chicken**, 1 cup sliced **dried Mission figs**, ½ cup sliced **celery**, ½ cup toasted chopped **walnuts** and ¼ cup **chopped parsley**.

PER SERVING 550 **CAL**; 18 g **FAT** (5 g **SAT**); 36 g **PRO**; 64 g **CARB**; 9 g **FIBER**; 520 mg **SODIUM**; 105 mg **CHOL**

■ Transfer half the sauce to a blender and puree until smooth. Whisk blended sauce into rest of sauce in pan. Stir in chicken. Return to a simmer. Cook 10 minutes. Season with remaining ¼ tsp salt.

■ Serve chicken and sauce over rice. Garnish with scallions, cilantro and chopped cashews, if using.

PER SERVING 600 **CAL**; 34 g **FAT** (17 g **SAT**); 29 g **PRO**; 46 g **CARB**; 1 g **FIBER**; 410 mg **SODIUM**; 110 mg **CHOL**

Chicken Tinga Tacos

MAKES 4 servings
PREP 15 minutes **COOK** 45 minutes

- 4 skinless bone-in chicken thighs (about 1½ lbs)
- ½ tsp chipotle chile powder
- ½ tsp ground cumin
- ½ tsp salt
- ½ tsp dried oregano
- 2 tbsp vegetable oil
- 1 cup thinly sliced yellow onion
- 3 cloves garlic, sliced
- 2 chipotles in adobo, seeded and diced; 1 tsp adobo reserved



CHICKEN PATTY MELTS

MAKES 4 servings
PREP 15 minutes **COOK** 36 minutes

In a large cast-iron skillet, sauté 2 thinly sliced medium **yellow onions** in 2 tbsp **unsalted butter** over medium-low heat 20 minutes, stirring frequently, until browned. Season with ¼ tsp **salt**; remove to a bowl. Combine 1 lb **ground chicken** with ¼ cup grated **yellow onion**, 2 tbsp **Worcestershire sauce**, ½ tsp each **garlic powder**, **ground mustard** and **salt**, and ¼ tsp **black pepper**. Form into four 1-inch-thick patties. Add 1 tbsp **vegetable oil** to the same skillet. Cook patties 4 to 5 minutes per side, until internal temperature reaches 165°. Remove to a plate. Butter the outside of 8 slices **seeded rye bread**. On each of 4 bread slices, place a burger patty, ¼ of the onions and 1 slice **Swiss cheese** and top with another bread slice. Add all 4 patty melts to pan, cover with aluminum foil and press down with another heavy pan. Cook 3 minutes per side, until bread is toasted and cheese is melted.

PER SERVING 540 **CAL**; 28 g **FAT** (12 g **SAT**); 34 g **PRO**; 38 g **CARB**; 5 g **FIBER**; 1,040 mg **SODIUM**; 120 mg **CHOL**

- 1 can (14.5 oz) diced fire-roasted tomatoes
- ½ cup unsalted chicken broth

- 12 small corn tortillas, warmed
- Sliced avocado and Cotija or feta cheese (optional)

■ Season chicken on both sides with chipotle powder, cumin, salt and oregano. In a large, lidded, straight-sided skillet or Dutch oven, heat oil over medium-high heat. Brown 3 minutes on each side. Remove to a plate.

■ Reduce heat to medium. Add onion; cook 3 minutes.



DRUMSTICKS WITH CHERRY BALSAMIC BBQ SAUCE

MAKES 4 servings
PREP 10 minutes **COOK** 14 minutes
BAKE at 400° for 45 minutes

Toss 3 lbs **chicken drumsticks** (about 8 pieces) with 1 tbsp melted **unsalted butter**, ½ tsp **salt** and ¼ tsp **black pepper**. Place on a baking sheet and bake at 400° for 35 minutes. Meanwhile, melt 1 tbsp **unsalted butter** in a small pot on medium heat. Stir in ½ cup chopped **yellow onion**; cook 3 minutes. Add 1 clove chopped **garlic**; cook 1 minute. Stir in 1 can (8 oz) **tomato sauce**, ¾ cup **cherry preserves**, 3 tbsp **balsamic vinegar**, 1 tsp **Dijon mustard** and ¼ tsp **black pepper**. Bring to a simmer; cook 10 minutes or until thickened. Brush ¾ cup of the sauce on drumsticks, then return to oven. Bake another 5 to 10 minutes, until chicken is cooked. Serve alongside remaining barbecue sauce.

PER SERVING 470 **CAL**; 15 g **FAT** (6 g **SAT**); 39 g **PRO**; 46 g **CARB**; 1 g **FIBER**; 820 mg **SODIUM**; 215 mg **CHOL**

Stir in garlic and chipotles; cook 1 minute. Add adobo, tomatoes, broth and chicken. Bring to a simmer, then reduce heat to medium-low. Cover and simmer 35 minutes, until meat easily falls off the bone.

■ Remove chicken from skillet to a cutting board. Shred, discarding bones. Stir meat back into sauce. Serve on corn tortillas (3 per person) with sliced avocado and cheese, if using.

PER SERVING 410 **CAL**; 17 g **FAT** (3 g **SAT**); 29 g **PRO**; 34 g **CARB**; 6 g **FIBER**; 760 mg **SODIUM**; 135 mg **CHOL**

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BY JULIE MILTENBERGER
PHOTOGRAPHY BY KATE MATHIS



Ziti with Mini Meatballs

MAKES 8 servings

PREP 30 minutes **COOK** 12 minutes

- 1 lb ground sirloin**
- 8 oz mushrooms, trimmed, cleaned and grated**
- ½ cup grated Parmesan, plus more for serving (optional)**
- ⅓ cup Italian seasoned dry bread crumbs**
- 1 large egg**
- ½ tsp salt**
- ½ tsp black pepper**
- 2 tbsp canola oil**
- 1 box (16 oz) ziti**
- 1 pkg (5 oz) baby kale, chopped**
- 3 cloves garlic, sliced**
- ½ tsp crushed red pepper flakes**
- ½ cup low-sodium chicken broth**

■ In a large bowl, combine ground sirloin, grated mushrooms, ¼ cup of the Parmesan, the bread crumbs, egg and ¼ tsp each of the salt and pepper. With wet hands, roll into ¾- to 1-inch meatballs (about 54). In a 12-inch nonstick skillet, heat 1 tbsp of the oil over medium-high heat.

■ Meanwhile, bring a large pot of lightly salted water to a boil. Add ziti and cook 10 minutes. Drain, reserving ½ cup pasta water.

■ Once oil is hot, add half the meatballs. Cook 4 minutes, turning until browned all over. Transfer to a plate and add remaining 1 tbsp oil to skillet. Cook remaining meatballs and remove to plate.

■ Reduce heat in skillet to medium and add kale, garlic and red pepper flakes. Cook 2 minutes. Stir in chicken broth, reserved pasta water and remaining ¼ tsp each salt and pepper. Cook 2 more minutes. Stir ziti into skillet.

■ In a large bowl, combine meatballs and pasta mixture with remaining ¼ cup Parmesan. Gently toss to combine. Serve with additional grated Parmesan, if using.

PER SERVING 497 **CAL**; 12 g **FAT** (3 g **SAT**); 31 g **PRO**; 66 g **CARB**; 4 g **FIBER**; 517 mg **SODIUM**; 83 mg **CHOL**



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Greek Salmon and Orzo

MAKES 4 servings **PREP** 15 minutes
COOK 9 minutes

- 1 cup dry orzo (about 6½ oz)**
- 12 oz fresh salmon**
- ½ tsp salt**
- ½ tsp black pepper**
- ½ tsp ground coriander**
- 2 tbsp fresh lemon juice**
- 2 tsp sugar**
- 1 tsp Dijon mustard**
- 3 tbsp olive oil**
- ½ cup crumbled feta cheese**
- ⅓ cup finely diced red onion**
- 3 tbsp chopped fresh dill**

■ Heat broiler to high. Bring a medium pot of lightly salted water to a boil. Add orzo and cook 9 minutes. Drain.

■ Meanwhile, place salmon on a foil-lined baking sheet. Season with ¼ tsp each of the salt and pepper and

apart with a fork and place in a medium serving bowl. Add orzo, dressing, feta, red onion and dill. Gently toss to combine. Serve warm or at room temperature.

PER SERVING 437 **CAL**; 20 g **FAT** (4 g **SAT**); 27 g **PRO**; 34 g **CARB**; 2 g **FIBER**; 639 mg **SODIUM**; 66 mg **CHOL**

Philly Cheesesteak Penne

MAKES 6 servings **PREP** 20 minutes
FREEZE 15 minutes **COOK** 7 minutes

- 8 oz flank steak**
- 1 cup skim milk**
- 2 tbsp all-purpose flour**
- ¾ tsp salt**
- 1 tbsp Worcestershire sauce**
- 1 box (16 oz) penne**
- 2 tbsp canola oil**
- 1 large green bell pepper, seeded and sliced**
- 1 medium onion, sliced into half-moons**



freezer and cut it into the thinnest strips possible. Toss steak in a bowl with Worcestershire and ¼ tsp of the remaining salt.

■ Cook penne as per package directions. Drain pasta, reserving ½ cup pasta water.

■ Heat milk mixture over medium heat, whisking occasionally, until it begins to bubble. Simmer 2 minutes. Meanwhile, heat 1 tbsp of the oil in a large stainless steel skillet over medium-high heat. Add beef and cook 2 to 3 minutes. Remove to a plate and reduce heat to medium. Add remaining 1 tbsp oil, the pepper slices and onion to skillet; season with remaining ¼ tsp salt. Cook 4 minutes.

■ Toss pasta with veggies,

steak and any drippings. Whisk ¾ cup of the shredded provolone into milk mixture. Stir cheese sauce into pasta mixture, thinning if needed with some of the reserved pasta water. Toss pasta with remaining ¾ cup shredded cheese and the black pepper.

PER SERVING 501 **CAL**; 16 g **FAT** (6 g **SAT**); 26 g **PRO**; 61 g **CARB**; 3 g **FIBER**; 631 mg **SODIUM**; 43 mg **CHOL**

Rigatoni Pie

MAKES 8 servings
PREP 20 minutes **COOK** 21 minutes
BAKE at 400° for 30 minutes

- 1 lb rigatoni**
- 2 tsp canola oil**
- ½ medium onion, grated**
- 1 can (28 oz) crushed traditional or fire-roasted tomatoes**
- 1 tsp sugar**

TIME-SAVER:
Cook the noodles and make the meat sauce up to two days ahead. Day-of, simply assemble and bake.



the coriander. Broil salmon, 4 inches from heat, for 8 minutes.

■ While salmon and pasta cook, whisk lemon juice, sugar, mustard and remaining ¼ tsp each salt and pepper. While whisking, add oil in a thin stream.

■ Remove salmon from foil, leaving skin stuck to foil. Break

- 1 piece (6 oz) provolone, shredded (1½ cups)**
- ¼ tsp black pepper**

■ Freeze steak for 15 minutes (this will help you make paper-thin slices). Meanwhile, bring a large pot of lightly salted water to a boil.

■ In a small saucepan, whisk milk, flour and ¼ tsp of the salt. Remove steak from

- ½ **tsp garlic salt**
- ½ **tsp dried oregano**
- 1¼ **lbs lean ground beef (93%)**
- 1 **large egg, lightly beaten**
- 8 **oz (2 cups) shredded Italian cheese blend or part-skim mozzarella**
- 2 **tbsp grated Parmesan**
- Chopped parsley (optional)**

■ Heat oven to 400°. Bring a large pot of lightly salted water to a boil. Add rigatoni and cook 12 to 13 minutes, until al dente. Drain and rinse in cold water.

■ While pasta cooks, heat oil in a large nonstick skillet over medium heat. Add onion and cook 3 minutes. Stir in crushed tomatoes, sugar, garlic salt and oregano. Bring to a simmer; cook 3 minutes. Crumble in ground beef and simmer, uncovered, 15 minutes, breaking meat into small pieces with a spoon and stirring occasionally.

■ Place cooled pasta in a large bowl and toss with egg and ½ cup of the shredded cheese. Coat a 9-inch springform pan with nonstick cooking spray. Prop up pan on its side and begin stacking noodles in pan

(so they are standing on end). Return pan to upright position and gently move noodles around until they are all level.

■ Spoon tomato sauce onto noodles, pressing some of the sauce into centers of noodles. Place pan on a sheet of foil and bake at 400° for 15 minutes. Sprinkle remaining 1½ cups shredded cheese and the grated Parmesan over pie. Bake 15 minutes more. Cool 10 minutes. Garnish with parsley, if using.

PER SERVING 421 **CAL**; 10 g **FAT** (5 g **SAT**); 31 g **PRO**; 52 g **CARB**; 4 g **FIBER**; 575 mg **SODIUM**; 82 mg **CHOL**

One-Pot Cavatappi

MAKES 6 servings **PREP** 15 minutes
COOK 16 minutes **LET STAND** 5 minutes

- 1 **tbsp olive oil**
- 12 **oz turkey sausage, casings removed**
- 1 **small onion, thinly sliced**
- 2 **cups low-sodium chicken broth**
- 1 **pkg (2 cups) grape tomatoes, halved**
- 12 **oz cavatappi or other corkscrew-shaped pasta**
- ½ **tsp garlic salt**
- 1 **bag (5 oz) baby spinach**
- ¾ **cup ricotta**
- ½ **cup fresh basil leaves, sliced**



■ In a large stockpot or Dutch oven, heat oil over medium-high heat. Crumble in sausage and brown, 5 minutes. Add onion and cook 2 minutes.

■ Stir in chicken broth, tomatoes, pasta and garlic salt. Bring to a boil and cook, stirring frequently, 9 minutes. Stir in spinach in batches. Remove from heat, cover and let stand 5 minutes. Uncover and fold in ricotta. Divide among bowls and garnish with fresh basil.

PER SERVING 403 **CAL**; 12 g **FAT** (4 g **SAT**); 23 g **PRO**; 50 g **CARB**; 4 g **FIBER**; 673 mg **SODIUM**; 58 mg **CHOL**

Sesame Pork Noodles

MAKES 6 servings **PREP** 35 minutes
COOK 11 minutes

- 1¼ **lbs boneless center-cut pork chops, trimmed**
- ½ **plus ½ tsp salt**
- ½ **tsp black pepper**
- 2 **tbsp canola oil**
- 12 **oz linguine or rice noodles**
- ½ **cup low-sodium chicken broth**
- 3 **tbsp low-sodium soy sauce**
- 3 **tbsp rice vinegar**
- 2 **tbsp sugar**
- 1 **tbsp toasted sesame oil**
- 1 **piece (2 inches) ginger, peeled and grated (1 tbsp)**
- 2 **cloves garlic, minced**
- 2 **tsp cornstarch**
- 8 **oz snow peas, strings**

removed, halved lengthwise

1 **sweet red pepper, cored and thinly sliced**

¾ **cup shredded carrots**

2 **scallions, sliced**

2 **tbsp toasted sesame seeds**

■ Bring a large pot of lightly salted water to a boil. Season pork chops with ½ tsp of the salt and ¼ tsp of the pepper. Heat canola oil in a large stainless steel skillet over high heat. Add linguine to boiling water and cook 9 minutes. (If using rice noodles, cook 4 to 6 minutes. Drain, rinse under cold water and drain again.)

■ Meanwhile, add pork chops to oil in skillet and cook 4 to 6 minutes, depending on thickness, turning once.

■ While pork cooks, whisk broth, soy sauce, vinegar, sugar, sesame oil, ginger, garlic and cornstarch. Remove pork to a cutting board and reduce heat under skillet to medium-high. Add snow peas, red pepper and carrots to skillet. Cook 3 minutes. Add broth mixture; bring to a simmer and cook 2 minutes. Slice pork into strips. In a large bowl, toss noodles, pork, contents of skillet, scallions and sesame seeds and serve.

PER SERVING 468 **CAL**; 14 g **FAT** (2 g **SAT**); 26 g **PRO**; 56 g **CARB**; 4 g **FIBER**; 673 mg **SODIUM**; 41 mg **CHOL**



JUST SOUPER

Easy suppers, straight from the slow cooker



TEXAS STEAK AND
POTATO SOUP

Texas Steak and Potato Soup

MAKES 8 servings **PREP** 15 minutes
COOK 5 minutes **SLOW COOK** on HIGH for 4 hours

- 1 tbsp canola oil
- 1¼ lbs beef chuck, cut into 1-inch pieces
- 1 onion, sliced
- 3 cloves garlic, sliced
- 1 tbsp chili powder
- ¼ tsp salt
- 2 cans (14½ oz each) fire-roasted diced tomatoes
- 1 large beef bouillon cube (such as Knorr), dissolved in 2 cups hot water

- ¾ lbs small (1-inch round) potatoes, quartered
- 6 oz green beans, trimmed and cut into 1-inch pieces
- Shredded Tex-Mex blend cheese, for garnish (optional)
- Sliced scallion, for garnish (optional)

- Coat slow cooker bowl with nonstick cooking spray.
- In a large nonstick skillet, heat oil over medium-high heat. Add beef, onion and garlic; cook 4 minutes, stirring occasionally. Season with chili powder and salt; cook

1 minute. Spoon mixture into slow cooker. Stir in tomatoes, bouillon cube, potatoes and green beans.

- Cover and cook on HIGH for 4 hours.

- Top each serving with cheese and scallion, if using.

PER SERVING 227 CAL; 11 g FAT (4 g SAT); 16 g PRO; 16 g CARB; 3 g FIBER; 676 mg SODIUM; 53 mg CHOL

Winter Vegetable Minestrone

MAKES 8 servings **PREP** 20 minutes
SLOW COOK on HIGH for 6 hours or LOW for 8 hours

- 6 cups reduced-sodium vegetable broth
- 1 can (28 oz) plum tomatoes, broken apart
- ½ butternut squash, peeled, seeded and cut into 2-inch pieces
- 1 onion, sliced
- 2 carrots, sliced and cut into ¼-inch coins
- 4 cloves garlic, sliced
- 1 tsp dried oregano
- 1 tsp salt
- ¼ tsp black pepper
- ½ cup ditalini pasta
- 8 oz Swiss chard, tough stems removed and sliced

1 can (15½ oz) red kidney beans, drained and rinsed

½ tsp red pepper flakes

½ cup basil, torn into bite-size pieces

½ cup grated Parmesan

■ Spray slow cooker bowl with nonstick cooking spray.

■ Add vegetable broth, tomatoes, squash, onion, carrots, garlic, oregano, ½ tsp of the salt and the black pepper to slow cooker.

■ Cover and cook on HIGH for 6 hours or LOW for 8 hours.

■ During last 30 minutes of cooking stir in ditalini, Swiss chard, beans, red pepper flakes and remaining ½ tsp salt.

■ Add basil and sprinkle each serving with some grated Parmesan.

PER SERVING 216 **CAL**; 2 g **FAT** (1 g **SAT**); 10 g **PRO**; 42 g **CARB**; 10 g **FIBER**; 753 mg **SODIUM**; 3 mg **CHOL**

Caribbean Turkey and Sweet Potato Soup

MAKES 8 servings **PREP** 15 minutes
SLOW COOK on LOW for 4½ hours

2 tbsp chopped ginger

1 tbsp dried onion flakes

1 tsp ground allspice

1 tsp cumin

1 tsp salt

¾ tsp black pepper

½ tsp dried thyme

½ tsp garlic salt

1½ lbs boneless turkey breast, cut into 1-inch pieces

2 cups reduced-sodium chicken broth

1 can (13.5 oz) light coconut milk

2 large sweet potatoes, peeled and cut into 2-inch pieces

1 can (15 oz) black beans, drained and rinsed

2 cups cooked white rice

2 tbsp lime juice

3 tbsp chopped cilantro

■ Coat slow cooker bowl with nonstick cooking spray.

■ In a small bowl, combine

ginger, onion flakes, allspice, cumin, ½ tsp each of the salt and black pepper, the thyme and garlic salt. Place turkey in slow cooker and season with ginger-spice mixture.

■ Stir in chicken broth, coconut milk and sweet potatoes. Cover and cook on LOW for 4½ hours. During last 10 minutes of cooking, gently stir in beans, rice and remaining ½ tsp salt and ¼ tsp black pepper.

■ Just before serving, add lime juice and cilantro.

PER SERVING 260 **CAL**; 5 g **FAT** (3 g **SAT**); 25 g **PRO**; 28 g **CARB**; 3 g **FIBER**; 651 mg **SODIUM**; 48 mg **CHOL**

Chinese Chicken and Ramen

MAKES 8 servings **PREP** 15 minutes
SLOW COOK on HIGH for 4 hours or LOW for 6 hours

2 lbs boneless, skinless chicken thighs

½ tsp salt

¼ tsp black pepper

6 cups reduced-sodium chicken broth

2 tbsp chopped ginger

4 cloves garlic, chopped

1 tbsp reduced-sodium soy sauce

6 cups coarsely chopped napa cabbage

2 pkg (3 oz each) uncooked ramen noodles

1 sweet red pepper, seeded and cut into matchsticks

2 tbsp mirin

3 scallions, sliced, for garnish

½ cup cilantro leaves, for garnish

■ Coat slow cooker bowl with nonstick cooking spray.

■ Season chicken with salt and pepper. Add to slow cooker with broth, ginger, garlic, soy sauce and cabbage. Cover and cook on HIGH for 4 hours or LOW for 6 hours. During last 10 minutes of cooking, stir in ramen noodles and sweet red pepper.

■ Just before serving, stir in mirin and shred chicken. Garnish with scallion and cilantro.

PER SERVING 239 **CAL**; 7 g **FAT** (2 g **SAT**); 25 g **PRO**; 17 g **CARB**; 1 g **FIBER**; 529 mg **SODIUM**; 109 mg **CHOL**

Florentine White Bean Soup

MAKES 8 servings **PREP** 10 minutes
SOAK overnight **COOK** 6 minutes
SLOW COOK on HIGH for 6 hours

1 lb dry cannellini beans

1 tbsp olive oil

4 oz chopped pancetta

2 medium onions, chopped

6 cloves garlic, sliced

¼ tsp red pepper flakes

4 cups reduced-sodium chicken broth

2 ribs celery, chopped

2 sprigs fresh rosemary

1 bag (8 oz) baby spinach

1 tsp salt

½ tsp black pepper

½ cup grated Parmesan

Olive oil, for drizzling (optional)

■ Place beans in a bowl and cover with cold water. Soak overnight.

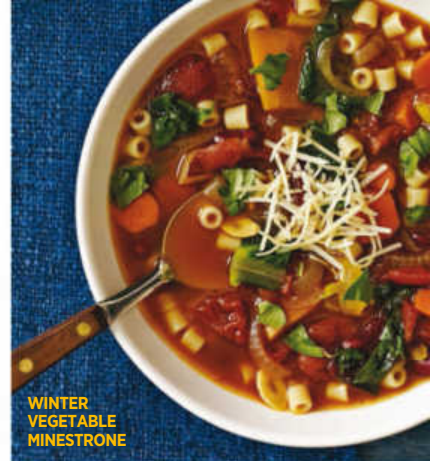
■ Coat slow cooker bowl with nonstick cooking spray.

■ In a large skillet, heat oil over medium-high heat. Add pancetta, onions, garlic and red pepper flakes. Cook 6 minutes, stirring occasionally. Add to slow cooker. Stir in drained beans, chicken broth, celery, rosemary and 2 cups water.

■ Cover and cook on HIGH for 6 hours. During last 10 minutes of cooking, stir in spinach. Season with salt and pepper.

■ Sprinkle some Parmesan over each serving and drizzle with olive oil, if using.

PER SERVING 280 **CAL**; 4 g **FAT** (1 g **SAT**); 19 g **PRO**; 42 g **CARB**; 11 g **FIBER**; 628 mg **SODIUM**; 11 mg **CHOL**



WINTER
VEGETABLE
MINISTRONE



CARIBBEAN TURKEY
AND SWEET
POTATO SOUP



CHINESE CHICKEN
AND RAMEN



FLORENTINE WHITE
BEAN SOUP



Holiday Cake Roll

MAKES 8 servings **PREP** 30 minutes
BAKE at 375° for 10 minutes

- 2 large whole eggs**
- 3 eggs, separated**
- ½ cup plus 1 tbsp granulated sugar**
- 2½ tsp vanilla extract**
- ¾ cup sifted cake flour**
- Pinch of salt**
- 1 box (16 oz) confectioners' sugar**
- 1 cup (2 sticks) unsalted butter, softened**

½ plus ½ cup heavy cream

2 tbsp red, white and green nonpareils

4 oz cream cheese (from an 8 oz pkg), softened

Decorating sugar, spearmint gumdrop leaves and round cherry candies

- Heat oven to 375°. Coat a 15 x 10 x 1-inch baking pan with nonstick cooking spray. Line bottom of pan with wax or parchment paper and coat paper with spray.
- In a large bowl, combine whole eggs, egg yolks and ½ cup of the granulated sugar. Beat with a hand mixer on medium-high speed 5 minutes, until thickened and a very pale yellow. Beat in 1 tsp of the vanilla.
- Sift cake flour over egg mixture and fold into batter.
- In a clean bowl with clean beaters, whip egg whites with remaining 1 tbsp granulated sugar and the salt until stiff peaks form. Fold egg whites into egg mixture. Spread into pan. Bake at 375° for 8 to 10 minutes, until top springs back when pressed. Sift ½ tbsp of the confectioners' sugar over the cake; invert onto a clean kitchen towel (run a thin knife around edge of pan before flipping

cake over). Remove pan and paper. Sift ½ tbsp of the confectioners' sugar over bottom of cake. Starting from a short side, loosely roll up cake and towel. Cool cake completely on a wire rack.

- Meanwhile, make filling. In a large bowl, beat butter until smooth. Set aside ½ cup of the confectioners' sugar. Gradually beat remaining sugar into butter. Add ½ cup of the heavy cream and beat until desired consistency. On low, beat in 1 tsp of the vanilla and fold in nonpareils.
- Gently unroll cake and spread with filling. Carefully re-roll cake without towel. Transfer to a serving platter, seam side down.
- For frosting, beat cream cheese until smooth. Beat in reserved ½ cup confectioners' sugar. Add remaining ½ cup heavy cream and ½ tsp vanilla and beat until a fluffy frosting forms, about 5 minutes. Spread frosting on sides and top of cake. Sprinkle cake with decorating sugar and embellish with holly made from spearmint leaves and cherry candies.

familycircle.com


Go to familycircle.com/coverrecipes to watch videos showing how to make this and other festive treats.

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WHAT'S NEW

FANCY PANTS

PAGE 9

Striped, **Flynn Skye**, flynnskye.com, \$154. Polka-dot, **Zara**, zara.com, \$70.

THE NEW BREW

PAGE 17

Angry Orchard Stone Dry, supermarkets nationwide. **Virtue Lapinette Cidre Brut**, specialty liquor stores nationwide. **Ace Pineapple Hard Cider**, Whole Foods. **Rekorderlig Premium Strawberry-Lime Hard Cider**, specialty liquor stores nationwide. **Wölffer No. 139 Dry Rosé Cider**, store.wolffer.com.

MAKE IT REIGN

PAGE 18

Jumpsuit, **Karen Kane**, karenkane.com, \$148. Necklace (short), **Swarovski**, swarovski.com, \$89. Necklace (long), **JewelryStorm**, jewelrystorm.com, \$34. Bracelet, **Roberta Chiarella**, robertachiarella.com, \$24. Ring, **Roberta Chiarella**, robertachiarella.com, \$48.

STYLE

FASHION HACKS

PAGE 23

Skirt, **Karen Kane**, karenkane.com, \$68. Tights, **Hanes Silk Reflections**, kohls.com, \$10. Pumps, **Metaphor**, sears.com, \$50.

PAGE 24

Compeed Blister Cushions, Walgreens, \$9-\$9.50. **Aerie** Outta-Sight Mini Boybrief, ae.com, \$13. **Pinch Provisions** Skinny Minimagency Kit, pinchprovisions.com, \$24. **Hollywood** Fashion Tape, cvs.com, \$9. **OPI** Top Coat, ulta.com, \$10. **Hot Tools** Smart Touch Salon Flat Iron, ulta.com, \$70.

BEAUTY REBOOT

PAGES 28-29

Top, **Lilla P**, lillap.com, \$170. Necklace, **E. Shaw Jewels**, eshawjewels.com, \$85. **Oribe** Smooth Style Serum, Neiman Marcus, \$49. **Fekkai** Brilliant Glossing Crème, fekkai.com, \$20.

PAGES 30-31

Blazer, **JustFab**, justfab.com, \$50. Tank, **Tees by Tina**, teesbytina.com, \$30. Necklaces, **Melinda Maria**, melindamaria.com, \$88 (short) and \$128 (long). **Fekkai** Full Blown Volume Lightweight Styling Whip, fekkai.com, \$20. **NARS** Velvet Matte Lip Pencil in Dragon Girl, narscosmetics.com, \$26. **Japonesque** Velvet Touch Blush in #3, ulta.com \$22.

PAGES 32-33

Top, **Pheel**, pheel.com, \$69. **Dr. Dennis Gross Skincare** CC Cream SPF 18, dgskincare.com, \$36.

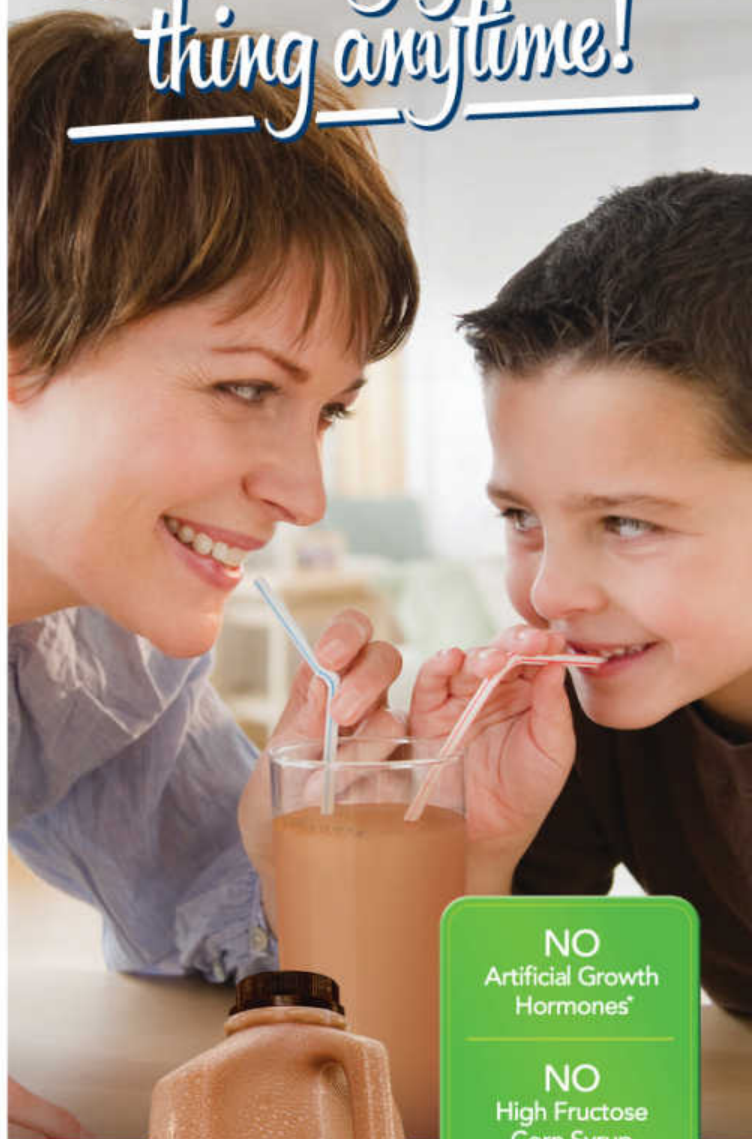
HOME

CLUTTER-FREE IN 8 DAYS

PAGES 37-41

Styled: Secrets for Arranging Rooms, from Tabletops to Bookshelves by Emily Henderson and Angelin Borsics (Potter Style, \$32.50), **Lovable Livable Home** by Sherry Petersik and John Petersik (Artisan, \$27.50), **Apartment Therapy: Complete and Happy Home** by Maxwell Ryan and Janel Laban (Potter Style, \$35), **Design Mom: How to Live with Kids: A Room-by-Room Guide** by Gabrielle Stanley Blair (Artisan, \$30), and **The Inspired Room: Simple Ideas to Love the Home You Have** by Melissa Michaels (Harvest House Publishers, \$27), all available at amazon.com.

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Michael Symon

Beloved for his booming belly laughs and high-energy speed-cooking segments on ABC's *The Chew*, chef Michael Symon is on a mission to inspire people to cook from scratch even when time seems tight. Here, the *New York Times* best-selling cookbook author shares a favorite fast-fix hors d'oeuvre that's perfect for holiday entertaining.

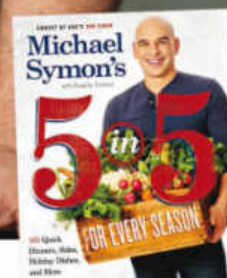


Goat Cheese Spread

In a large sauté pan, cook 6 slices small-diced **bacon** over medium-high heat 5 minutes, stirring occasionally, until bacon is crisp. Drain on paper towels. In a bowl, combine 8 oz **goat cheese**, ½ tsp **honey** and ¼ cup finely diced **black Mission figs**. Season with lots of cracked **black pepper**, then mix in bacon and 2 tsp finely chopped fresh **flat-leaf parsley leaves**. Serve with **crackers**.

Makes 1½ cups.

Check out Michael Symon's new cookbook—it's packed with super-fast seasonal recipes for winter, spring, summer and fall. Amazon.com, \$20



Photos: (Michael Symon) courtesy of Food Network; (cover) Clarkson Potter/Publishers. Family Circle (ISSN 0014-7206); January 2016, Volume 129, No. 1, is published monthly by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices: \$19.98 per year in the U.S.; \$41.98 (U.S. dollars) in Canada; \$53 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CFS. (See DM 5071.5.2.) NON-POSTAL AND MILITARY FACILITIES: Send address corrections to Family Circle, P.O. Box 37508, Boone, IA 50037-0508, or call 800-627-4444. In Canada: Mailed under Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT. Return undeliverable Canadian addresses to Family Circle, 2835 Kew D, Windsor, ON, N8T 3B7. © Meredith Corporation 2016. All rights reserved. Printed in the U.S.A.

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